



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gymnasium Schedule

Northwest Family YMCA

November 15th - December 1st

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Side B	Side A	Side B	Side A	Side B	Side A	Side B	Side A	Side B	Side A	Side B	Side A	Side B	Side A		
CLOSED		Open Gym 5:30am - 9am		Open Gym 5:30am - 8am		Open Gym 5:30am - 9am		Open Gym 5:30am - 9am		Open Gym 5:30am - 9am		CLOSED			
		KidFit 9am - 11:30am		Gymnastics* 8am - 11:30am	Open Gym	KidFit 9am - 11:30am	KidFit 9am - 11:30am	KidFit 9am - 11:30am	KidFit 9am - 11:30am	KidFit 9am - 11:30am	Pick-Up Adult (17+ yrs) Basketball 6:30am - 8am		Gymnastics* 8am - 12:30pm	Open Gym 8am - 12:30pm	
		Closed for Cleaning 11:30am - 12:30pm		Pick-Up Adult (17+ yrs) Basketball 11:30am - 2:30pm		Gymnastics* 9am - 7:30pm		Open Gym 11:30am - 7pm		Pick-Up Adult (17+ yrs) Basketball 11:30am - 2:30pm		Closed for Cleaning 11:30am - 12:30pm		Open Gym 12:30pm - 6:45pm	
		Open Gym 3:15pm - 5pm	Women's Only Hoopers 3:15pm - 5pm	Open Gym 2:30pm - 5:45pm		Gymnastics* 2:30pm - 7:30pm		Open Gym 2:30pm - 7:30pm		Open Gym 12:30pm - 8pm					
Open Gym 5pm - 6:45pm		Open Gym 12:30pm - 9:45pm		Open Gym 5:45pm - 9:45pm		CCE Practice 7pm - 7:30pm		Gymnastics* 2:30pm - 7:30pm		Open Gym 2:30pm - 7:30pm					
CLOSED						CCE Practice 7:30pm - 9pm		Open Gym 7:30pm - 9:45pm		CCE Practice 8pm - 9:45pm					
						Open Gym 9pm - 9:45pm									

Side B is the North side of the gym (far side), Side A is the South side of the gym (closest to fitness). * Fee Based, see Welcome Center for info.