



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

**SOUTH SUBURBAN YMCA – APRIL 4<sup>TH</sup> – JUNE 3<sup>RD</sup>, 2012**

## OPEN GYM

Times posted have no programming scheduled unless a special event arises. Open Gym is for YMCA members' use.

## PICK-UP BASKETBALL:

Pick-up basketball games are allowed only on one half of the gym (i.e. not full court, and not on both halves at the same time). In order to accommodate all of our Y members, pick-up games are not allowed during peak usage times.

## FACILITY HOURS:

M-F: 5am – 10pm  
Sat: 7am – 5pm  
Sun: 10am – 5pm

	OPEN GYM	PROGRAMS
<b>MONDAY</b>	5:00am – 9:00am	9:00am – 10:00am Active Older Adults
	11:00am – 10:00pm	10:00am – 11:00am Child Watch (East Gym)
<b>TUESDAY</b>	5:00am – 9:00am	9:00am – 10:30am Boot Camp
	11:30am – 4:00pm	10:30am- 11:30am Child Watch (East Gym)
	5:00pm – 10:00pm	4:00-5:00pm Speed Agility
<b>WEDNESDAY</b>	5:00am – 9:00 am	9:00am – 10:00am Active Older Adults
	11:00am-10:00pm	10:00am – 11:00am Child Watch (East Gym)
<b>THURSDAY</b>	5:00am – 9:00am	9:00am-10:30am Boot Camp
	11:30am – 4:00pm	10:30am – 11:30am Child Watch (East Gym)
	5:00pm – 10:00pm	4:00pm-5:00pm Speed Agility
<b>FRIDAY</b>	5:00am – 9:00am	9:00am – 10:00am Active Older Adults
	11:00am – 10:00pm	10:00am – 11:00am Child Watch (East Gym)
<b>SATURDAY</b>	12:00pm – 5:00pm	8:30am – 12:00pm Youth Sports
<b>SUNDAY</b>	10:00am – 5:00pm	