



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN GYM

WAUKEE FAMILY YMCA

SEPTEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am-6:00pm Open Gym	5:00 - 6:45am *Adult Fitness Class	5:00 - 6:15am *Adult Fitness Class	5:00 - 6:45am *Adult Fitness Class	5:00 - 6:15am *Adult Fitness Class	5:00 - 6:45am *Adult Fitness Class	6:00am-6:00pm Open Gym
	6:45 - 7:30am Adult Pick Up Basketball	6:15 - 7:30am Adult Pick Up Basketball	6:45 - 7:30 am Adult Pick Up Basketball	6:15 - 7:30am Adult Pick Up Basketball	6:45 - 7:30am Adult Pick Up Basketball	8:00am-9:00am *Heat Class
	7:30-9:15am Open Gym	7:30-9:15am Open Gym	7:30-9:15am Open Gym	7:30-9:15am Open Gym	7:30am-12:00pm Open Gym	
	(West Side) 9:15 - 11:45am Open Gym (East Side) 9:00 - 11:45am Youth Programming	(West Side) 9:15 - 11:45am Open Gym (East Side) 9:00 - 11:45am Youth Programming	(West Side) 9:15 -11:45am Open Gym (East Side) 9:00 - 11:45am Youth Programming	9:30 - 11:00am *Adult Fitness Class 11:00 - 11:45am Open Gym		
	12:00 - 1:00pm Adult Pick Up Basketball	11:45-1:15pm Open Gym	12:00 -1:00pm Adult Pick Up Basketball	11:45-1:15pm Open Gym	12:00 - 1:00pm Adult Pick Up Basketball	
	1:00 - 3:30pm Open Gym	1:15 - 3:30pm Open Gym	1:00 - 3:30pm Open Gym	1:15 - 3:30pm Open Gym	1:00 - 3:30pm Open Gym	
	3:30 - 5:00pm Teen Challenge Ball	*3:30 - 5:00pm Teen Challenge Ball	3:30 - 5:00pm Teen Challenge Ball	3:30 - 5:00pm Teen Challenge Ball	3:30 - 5:00pm Teen Challenge Ball	
	5:00 - 8:00pm Open Gym	(West Side) *5:00 - 8:00pm Open Gym (East Side) *5:45 - 8:00pm TKD	5:00 - 8:00pm Open Gym	(West Side) 5:00 - 8:00pm Open Gym (East Side) 5:00 - 8:00pm Open VB	5:00 - 8:00pm Open Gym	
	8:00 - 10:00pm Adult Pick Up Basketball	*8:00 - 10:00pm Adult Pick Up Basketball	8:00 - 10:00pm Adult Pick Up Basketball	(West Side) 8:00 - 10:00pm Adult Pick Up BB (East Side) 8:00 - 10:00pm Open VB	8:00 - 10:00pm Adult Pick Up Basketball	

Open Gym: A chance for our members to use the gym to shoot baskets, play horse, etc.

Teen Challenge Ball: for ages 10-18 yrs.

Adult Pick-up BB: Basketball scrimmages for our members who are 18 and over.

Open Volleyball: Standards/Net will be set up to practice/play scrimmages

Preschool Rec/Youth Programming: Programming that will stimulate and nurture the development of young children

TKD: See flyer for more information

***Adult Fitness Class:** Refer to Group Exercise schedules for class names and descriptions

***Active Older Adults:** for 50+ yrs. of age - activities for fun, laughter and socialization

Waukeee Family YMCA

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