



We build strong kids, strong families, strong communities.

## Walnut Creek YMCA Youth Gym Schedule

Revised 3/31/2010

| SUNDAY                            | MONDAY                        | TUESDAY                        | WEDNESDAY                          | THURSDAY                       | FRIDAY  | SATURDAY                                   |
|-----------------------------------|-------------------------------|--------------------------------|------------------------------------|--------------------------------|---|--|
|                                   | Family Gym<br>5:00-9:00       | Family Gym<br>5:00-9:00        | Family Gym<br><b>5:00-9:00</b>     | Family Gym<br><b>5:00-9:00</b> | Family Gym<br><b>5:00-6:00</b>  | Family Gym<br>6:00-9:30                    |
| Family Gym<br>9:00 – 3:00         | Kid's Gym<br>9:00-11:00       | Kid's Gym<br>9:00-11:00        | Kid's Gym<br>9:00-11:00            | Kid's Gym<br>9:00-11:00        | Abs and Back<br>6:05-6:30   | Int. Self Defense<br>Tactics<br>9:30-10:30 |
|                                   | Family Gym<br>11:00-3:00      |                                | Family Gym<br>11:00-3:00           |                                | Kid's Gym<br>9:00-11:00   | Family Gym<br>10:30-2:00pm                 |
|                                   | Teen Gym<br>3:00-5:00         | Family Gym<br>11:00-3:00       | Teen Gym<br>3:00-4:30              | Family Gym<br>11:00-3:00       | Family Gym<br>11:00-3:00<br><small>(Home School PE<br/>1-4pm<br/>3<sup>rd</sup> Friday every<br/>month)</small> |  |
| Birthday Party<br>3:00-5:00<br>** | Kids Open<br>Gym<br>5:00-6:30 | Kids' Open<br>Gym<br>3:00-5:30 |                                    | Kids' Open<br>Gym<br>3:00-5:30 | Teen Gym<br>3:00-5:15   | Birthday Party<br>2:00-4:00<br>**          |
|                                   | Tae Kwon Do<br>6:30 -8:30     | Tae Kwon Do<br>5:45-9:00       | Kid's Open<br>Gym<br>5:15-6:30     | Tae Kwon Do<br>5:45-9:00       | Family Gym<br>5:15-10:00  | Family Gym<br>4:00-6:00                    |
|                                   | Family Gym<br>8:30-10:00      | Family Gym<br>9:00-10:00       | Fall<br>Maintenance<br>6:30 – 7:45 | Family Gym<br>9:00-10:00       |   | Saturday<br>Night Live<br>8:00-11:00       |

**Kids' Gym:** Supervised. Children 24 months to five years old from the nursery are brought upstairs to play with the toys.

**Kids' Open Gym:** Unsupervised. Kids ages 9-14 can use the gym.

**Teen Gym:** Ages 13-18.

**Family Gym:** A chance for children to use the gym. Adults must have their child present to use the gym.

\*See Front Desk for dates, times and sign up information.

\*\*If there are no Birthday Parties scheduled the gym will be open for Family Gym.

Equipment from the closets is only to be used during morning supervised times.

**\*\*\*SCHEDULE IS SUBJECT TO CHANGE. PLEASE CALL 224-1888 TO CONFIRM TIMES\*\*\***