



We build strong kids, strong families, strong communities.

# Waukee Family YMCA Main Gym Schedule September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am - 6:00pm Open Gym	5:00 - 6:30am *Adult Fitness Class	5:00 - 6:30am *Adult Fitness Class	5:00 - 6:30am *Adult Fitness Class	5:00 - 6:30am *Adult Fitness Class	5:00 - 6:30am *Adult Fitness Class	6:00am - 6:00pm Open Gym
	6:30 - 7:30am Adult Pick Up Basketball	6:30 - 7:30am Adult Pick Up Basketball	6:30 - 7:30 am Adult Pick Up Basketball	6:30 - 7:30am Adult Pick Up Basketball	6:30 - 7:30am Adult Pick Up Basketball	
	7:30 - 9:15am Open Gym	7:30 - 9:15am Open Gym	7:30 - 9:15am Open Gym	7:30 - 9:30am Open Gym	7:30 - 11:45am Open Gym	
	(West Side) 9:15 - 11:45am Open Gym  (East Side) 9:15 - 11:45am Youth Programming	(West Side) 9:15 - 11:45am Open Gym  (East Side) 9:15 - 11:45am Youth Programming	(West Side) 9:15 - 11:45am Open Gym  (East Side) 9:15 - 11:45am Youth Programming	9:30 - 11:00am *Adult Fitness Class  11:00 - 11:45am Open Gym		
	11:45am - 1:15pm Adult Pick Up Basketball	11:45am - 1:15pm Adult Pick Up Basketball	11:45am - 1:15pm Adult Pick Up Basketball	11:45am - 1:15pm Adult Pick Up Basketball	11:45am - 1:15pm Adult Pick Up Basketball	
	1:15 - 3:30pm Open Gym	1:15 - 3:30pm Open Gym	1:15 - 3:30pm Open Gym	1:15 - 3:30pm Open Gym	1:15 - 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 Basketball  (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. of age

**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