



Ellicott-Masten Family YMCA
GYM SCHEDULE

Early Winter (November 10, 2011 – December 17, 2011)

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
Closed	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
Closed	SilverSneakers Cardio Circuit 10-11AM w/ Betty	SilverSneakers MSROM 10-11AM w/ Veronica	SilverSneakers Cardio Circuit 10-11AM w/ Betty	SilverSneakers MSROM 10-11AM w/ Veronica	SilverSneakers SilverYoga 10-11AM w/ Betty	Youth Basketball 12:30-1:30 11/5 – 12/17
Closed	Senior Fitness Class 11AM-NOON w/ Mr. Pope	OPEN GYM	Senior Fitness Class 11AM-NOON w/ Mr. Pope	OPEN GYM	Senior Fitness Class 11AM-NOON w/ Mr. Pope	
Closed	18+ Pick-Up Noon/Lunch Hoops 12:15-2:30PM	18+ Pick-Up Noon/Lunch Hoops 12:15-2:30PM	18+ Pick-Up Noon/Lunch Hoops 12:15-2:30PM	18+ Pick-Up Noon/Lunch Hoops 12:15-2:30PM	18+ Pick-Up Noon/Lunch Hoops 12:15-2:30PM	OPEN GYM Until 3PM
Closed	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
Closed	SACC (After School) 4:00-5PM	SACC (After School) 4:00-5PM	SACC (After School) 4:00-5PM	SACC (After School) 4:00-5PM	SACC (After School) 4:00-5PM	
Closed	OPEN GYM Until 8PM	OPEN GYM Until 8PM	OPEN GYM Until 8PM	OPEN GYM Until 8PM	OPEN GYM Until 8PM	
Closed	COMING 2012 EVENING YOUTH SPORTS, CALL DAVE @ THE Y FOR DETAILS					

Lunch/Noon Hoops – Members play FREE/Non-Members pay \$5/day.

Youth Basketball – Skills & scrimmages for youth development. Pre-registration required (\$10 mem/\$12 non)

SilverSneakers MSROM (muscular strength & range of motion) - 55 years young and older.

Unscheduled/OPEN Times – Available for parties, rentals (church, youth groups, scouts, etc.) and the like.

Schedule subject to change. For more information call 845-5440