



Southtowns Family YMCA MAIN GYMNASIUM SCHEDULE

Fall Session (Sept. 12 - Oct. 30, 2010)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Adult Open Gym 5:30-8:15 am	Adult Open Gym 5:30-8:30 am	Adult Open Gym 5:30-8:15 am	Adult Open Gym 5:30-8:30 am	Adult Open Gym 5:30-8:15 am	Open Gym 7:00-9:30 am
Open Gym 8:00 am – 12:00 pm	SilverSneakers® MSROM 8:15-9:15 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½)	SilverSneakers® MSROM 8:00-9:00 am (½)
	SilverSneakers® MSROM 9:30-10:30 am	SilverSneakers® Cardio 9:30-10:30 am (½)	SilverSneakers® MSROM 9:30-10:30 am (½)	SilverSneakers® Cardio 9:30-10:30 am (½)	SilverSneakers® MSROM 9:30-10:30 am (½)	Zumba® (½) 9:00-10:00 am
	SilverSneakers® Cardio 10:30-11:15 am (½)	Playgroup (½) 9:30-10:00 am	Pee Wee Racer 10:00-10:45 am (½)	Sports & Splash (½) 10:00-11:00 am	SilverSneakers® Cardio 10:30-11:15 am (½)	SuperChamps (½) 10:00-10:45 am
	Kinder Connection (½) 11:00-11:30 am	SuperChamps (½) 10:00-10:45 am	SilverSneakers® Cardio 10:30-11:15 am (½)	Interval Training (½) 10:45-11:30 am	Open Gym 11:30 am - 12:15 pm	Tumblers (½) 11:00-11:45 am
	Lunch Hoops (½) 12:00-1:00 pm	Interval Training (½) 10:45-11:30 am	Kids in Motion 11:30 am -12:15 pm	Punk Rope (½) 12:00-1:00 pm	Lunch Hoops (½) 12:00-1:00 pm	Gymnastics - Level I (½) 12:00-1:00 pm
Lunch Hoops (½) 12:00-1:00 pm	Zumba® (½) 12:30-1:30 pm	Punk Rope (½) 12:00-1:00 pm	Lunch Hoops (½) 12:00-1:00 pm	SilverSneakers® MSROM 1:30-2:30 pm (½)	Zumba® (½) 12:30-1:30 pm	Gymnastics - Level II (½) 1:00-2:00 pm
Family Open Gym 1:00-6:45 pm	Open Gym 1:30-5:45 pm	SilverSneakers® MSROM 1:30-2:30 pm (½)	Zumba® (½) 12:30-1:30 pm	Open Gym 2:30-5:45 pm	Open Gym 1:00-5:30 pm	Open Gym 2:00-6:45 pm
		Open Gym 1:30-4:30 pm	Open Gym 1:30-5:30 pm			
	Teen Volleyball (½) 4:30-5:30 pm					
Pee Wee Basketball (½) 5:45-6:30 pm	Pee Wee Basketball (½) 5:45-6:30 pm	Pee Wee Soccer (½) 5:45-6:30 pm	Pee Wee Hockey (½) 5:45-6:30 pm	Tae Kwon Do I (½) 5:30-6:15 pm		
Open Gym 6:30-7:00 pm	Open Gym 6:30-7:00 pm	Youth Basketball (½) 6:30-7:30 pm	Youth Soccer (½) 6:30-7:30 pm	Youth Hockey (½) 6:30-7:30 pm	Tae Kwon Do II (½) 6:30-7:15 pm	
	Adult Volleyball (18+) 7:30-10:15 pm	Youth Basketball (½) 7:30-8:30 pm	Youth Soccer (½) 7:30-8:30 pm	Youth Hockey (½) 7:30-8:30 pm	Sports & Splash 7:15-8:00 pm	
		Open Gym 8:30-10:15 pm	Open Gym 8:30-10:15 pm	Open Gym 8:30-10:15 pm	Open Gym 8:30-10:15 pm	Open Gym 8:00-10:15 pm

NOTE: Any time that (½) the gym is programmed, the other ½ is "open" gym unless specified.

Schedule subject to change. For more information call 674-9622.