



Delaware Family YMCA

GYMNASIUM SCHEDULE

Winter Session (January 2nd – February 25th, 2012)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 9:00A.M. Member Open Gym	6:00 – 7:00A.M. Member Open Gym	6:00 - 7:00A.M. Member Open Gym	6:00 - 7:00A.M. Member Open Gym	6:00 - 7:00A.M. Member Open Gym	6:00 - 7:00A.M. Member Open Gym	7:00 – 8:30A.M. Member Open Gym
9:00 - 11:00A.M. Adult Pick Up Basketball	7:00 – 9:00A.M. SACC Gym Time	7:00 – 9:00A.M. SACC Gym Time	7:00 – 9:00A.M. SACC Gym Time	7:00 – 9:00A.M. SACC Gym Time	7:00 – 9:00 A.M. SACC Gym Time	8:30 – 9:30A.M. Preschool Gym Time
11:00 – 1:00P.M. Teen and Adult Basketball	9:00 – 10:00A.M. Member Open Gym	9:00 – 11:00A.M. Member Open Gym	9:00 – 10:00A.M. Member Open Gym	9:00 – 11:00A.M. Member Open Gym	9:00–10:00A.M. Member Open Gym	9:30–10:30A.M. Adult Pick Up Basketball
1:00 – 4:00P.M. Member Open Gym	10:15–10:45A.M. SilverSneakers® YogaStretch	11:00 – 12:00P.M. SilverSneakers® MSROM	10:15–10:45A.M. SilverSneakers® YogaStretch	11:00 – 12:00P.M. SilverSneakers® MSROM	10:15–10:45A.M. SilverSneakers® YogaStretch	10:30-11:30am Growing Up Fit
	11:00 – 12:00P.M. SilverSneakers® CardioCircuit	12:00 – 1:30PM Lunch Time Pick Up Basketball	11:00 – 12:00P.M. Member Open Gym	12:00 – 1:30PM Lunch Time Pick Up Basketball	11:00–12:00P.M. SilverSneakers® CardioCircuit	11:30–12:30P.M. Family Fit
	12:00 – 1:00PM Lunch Time Pick Up Basketball	1:30 – 2:30PM Gym Rental	12:00 – 1:00PM Lunch Time Pick Up Basketball	1:30 – 2:30PM Gym Rental	12:00 – 1:00PM Lunch Time Pick Up Basketball	12:30 – 4:00PM Basketball League
	1:00 – 3:00PM Member Open Gym	2:30 - 6:00P.M. SACC Gym Time	1:00 – 3:00PM Member Open Gym	2:30 - 6:00P.M. SACC Gym Time	1:00 – 3:00PM Member Open Gym	4:00 – 5:00PM Family Member Open Gym
	3:00 - 6:00P.M. SACC Gym Time	6:15 - 7:30P.M Growing Up Fit	3:00 – 6:00P.M. SACC Gym Time	6:00 – 7:00P.M. Age 5-8 Basketball League	3:00 – 5:45P.M. SACC Gym Time	5:00 – 6:00P.M. Teen Basketball-full court play
	6:00 – 7:00P.M. Family Open Gym	7:30 - 8:30P.M. Soccer (Age 5-12)	6:00 – 6:40P.M. Sport & Splash	7:00 – 8:00P.M. Age 9-12 Basketball League	5:45 – 6:30P.M. Preschool Gym Time	*1/6/12 & 2/3/12 <i>Flick & Float</i> *1/13/12 & 2/10/12 <i>Parent's Night Out</i> *1/20/12 & 2/17/12 <i>Family Night</i>
	7:00 – 7:30P.M. Sport & Splash	8:30 – 9:00 P.M. Teen & Adult Member Basketball- full court play allowed	7:00 – 9:00 P.M. Teen Basketball League	8:00 – 9:00P.M. Teen & Adult Member Basketball – full court play allowed	6:30- 7:00 PM* Friday Night Family Programs	
	7:30 – 9:00 P.M. Gym Rental				7:00-9:00pm Teen Basketball League	

Revised 12/26/11

Schedule subject to change. For more information call 875-1283.