Winter 2010 Gym Schedule
Jan.4th - Feb 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45							
8:00						*Open Gym 8:00-9:00am	OPEN GYM *8:00am 3:00pm
8:15	*Open Gym 6:00-9:00am	*Open Gym 6:00-10:15am	*Open Gym 6:00-9:00am	*Open Gym 6:00-10:15am	*Open Gym 6:00-9:00am		
8:30							
8:45							
9:00	Dance Aerobics Ginny(gym) 9:00- 9:55 ++		Dance Aerobics Ginny(gym) 9:00- 9:55 ++		Dance Aerobics Ginny(gym) 9:00- 9:55 ++	Youth Sports Programs 9:00-3:00pm	
9:15							
9:30							
9:45							
10:00							
10:15	*SilverSneakers®* Muscular Strength Mary(gym)+ 10:15-11:00	*SilverSneakers®* Muscular Strength Mary(gym)+ 10:15-11:00	*SilverSneakers®* Muscular Strength Edye(gym)+ 10:15-11:00	*SilverSneakers®* Muscular Strength Mary(gym)+ 10:15-11:00	*SilverSneakers®* Muscular Strength Mary(gym)+ 10:15-11:00		
10:30							
10:45							
11:00							
11:15	*SilverSneakers®* Muscular Strength Mary(gym)+ 11:15-12:00	Homeschool Program 11:00-2:00	*SilverSneakers®* Muscular Strength Myra(gym)+ 11:15-12:00	*Open Gym 11:00am-12:15pm	*SilverSneakers®* Muscular Strength Curtis(gym)+ 11:15-12:00		
11:30							
11:45							
12:00							
12:15	Member Adult Basketball 12:00-2:00		Member Adult Basketball 12:00-2:00	Summit Program 12:15-2:30	Member Adult Basketball 12:00-2:00		
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15	SACC 2:00-5:30pm	SACC 2:00-5:00pm	SACC 2:00-5:30pm	SACC 2:15-5:00pm	SACC 2:00-5:30pm		
2:30							
2:45							
3:00						*Open Gym 3:00-8:00pm	Gym Rental 3-4pm
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00		Karate Program 5:00-7:00pm		Karate Program 5:00-7:00pm			
5:15							
5:30	Youth Sports Programs 5:30-7:15pm		Youth Sports Programs 5:30-8:30		Youth Sports Programs 5:30-6:15pm		
5:45							
6:00							
6:15							
6:30					*Open Gym 6:15-7:30pm		
6:45							
7:00							
7:15							
7:30	Member Adult Basketball 7:15 - 9:00	Adult Pick-up Volleyball 7:15-8:30		Member Adult Basketball 7:15-9:00pm	* Youth Sports 7:30-8:30pm		
7:45							
8:00							
8:15							
8:30			*Open Gym 8:30-9:30pm		Heavy = ++++		
8:45					Somewhat hard = +++		
9:00	Open Gym 9:00-9:30pm	Open Gym 9:00-9:30pm		Open Gym 9:00-9:30pm	Moderate = ++		
9:30					Light = +		

* = Open Gym is subject to availabilty and may be occupied for a rental or YMCA event