



Northeast Family Branch YMCA  
**GYMNASIUM SCHEDULE**  
 Winter Session – January 1 – February 25, 2012

FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am Power Yoga Catherine	6:00 – 9:00 am Open Gym	6:00 – 7:00 am Power Yoga Catherine	6:00 – 9:00 am Open Gym	6:00 – 7:00 am Power Yoga Catherine	
Adult Hoops 8:00 – 11:30 pm	7:00 – 8:00 am Rental				7:00 – 8:00 am Rental	
	8:00 – 8:45 am Open Gym	9:15 – 10:00 am MSROM Annette	8:00 – 8:45 am Open Gym	9:15 – 10:00 am MSROM Annette	8:00 – 8:45 am Open Gym	9:15 – 9:45 am Pee Wee Soccer Coach Nick
	8:45 – 9:30 am Dance Aerobics Annette	10:15 – 11:00 am Zumba Annette	8:45 – 9:30 am Dance Aerobics Annette	10:15 – 11:00 am Zumba Annette	8:45 – 9:30 am Dance Aerobics Annette	10:00 – 10:30 am Pee Wee Tumblers Coach Nick
	9:35 – 10:35 am Fusion Natalie	11:05 – 12:00 pm YogaStretch Julie	9:35 – 10:35 am Fusion Natalie	11:05 – 12:00 pm YogaStretch Julie	9:35 – 10:35 am Fusion Jody	10:45 – 11:15 am Pee Wee Champs Coach Nick
	10:45 – 11:30 am MSROM Annette	12:00 – 2:00 pm Adult Hoops	10:45 – 11:30 am MSROM Annette	12:00 – 2:00 pm Adult Hoops	10:45 – 11:30 am MSROM Annette	11:30 – 12:00 pm Pee Wee T-Ball Coach Nick
11:30 – 12:30 pm Basketball Games (ages 7-11)	11:30 – 12:15 pm Low Impact Cardio and Strength Annette	2:00 – 4:30 pm Open Gym	11:30 – 12:15 pm Low Impact Cardio and Strength Annette	2:00 – 4:30 pm Open Gym	11:30 – 12:15 pm Low Impact Cardio and Strength Annette	12:15 – 1:15 pm Youth Soccer (ages 6-9) Coach Nick
		4:30 – 5:15 pm After School Program		4:30 – 5:15 pm After School Program		1:30 – 2:30 Flag Football (7-11 yrs)
12:30 – 2:30 pm Open Gym	12:30 – 2:00 pm Adult Hoops	5:30 – 6:15 pm Basketball League Level 2 (ages 7-11) Coach Gary	12:30 – 2:00 pm Adult Hoops	5:30 – 6:00 Open Gym	12:30 – 2:00 pm Adult Hoops	2:30 – 7:00 pm Open Gym
	2:00 – 5:30 pm Open Gym		2:00 – 5:30 pm Open Gym			
2:30 – 4:00 pm Pick-Up Basketball Ages 10 - 12	5:45 – 6:15 pm Basketball League Level 1 (ages 5-6) Coach Pete	6:15 – 6:30 pm Amazing Abs Matt	2:00 – 6:15 pm Open Gym	6:15 – 6:30 pm Amazing Abs Brian	5:30 – 6:00 pm Pee Wee Hockey Coaches Chris & Stan	
		6:30 – 7:15 pm Boot Camp Matt		6:30 – 7:30 pm Boot Camp Natalie	6:15 – 6:45 pm Youth Hockey (6-8 yrs) Coaches Chris & Stan	
	6:30 – 7:15 pm Zumba Jody	7:45 – 10:00 pm Teen Pick-Up Basketball Ages 16 - 18	6:30 – 7:15 pm Zumba Jody	7:45 – 10:00 pm Open Gym	6:45 – 7:45 pm Youth Hockey (9 – 11 yrs) Coaches Chris & Stan	
	7:30 – 10:00 pm Open Gym		7:30 – 10:00 pm Open Gym		7:45 – 10:00 pm Open Gym	


**NOTE:** Any time that (1/2) the gym is programmed, the other 1/2 is "open" gym unless specified.