

YMCA of Greater Rochester ** Southeast Family Branch

Summer Session June 28- August 29, 2010

GYM SCHEDULE

SUNDAY		
8:00 am - 12:00 pm	Open Gym	Full
12:00 pm - 2:00 pm	Adult Basketball	Full
2:00 pm - 3:30 pm	Family Gym	East
2:00pm-6:00pm	Open Gym	West
3:30pm-6:00pm	Teen Basketball	East
MONDAY		
5:15 am - 8:30 am	Open Gym	Full
8:30am-12:00pm	Gymnastics Camp	Full
12:00pm-1:30pm	Gymnastics Camp	East
12:00pm-1:30pm	Adult Basketball	West
1:30pm-4:30pm	Gymnastics Camp	Full
4:30pm-6:00pm	Teen Basketball	West
4:30pm - 5:30pm	Open Gym	East
5:30pm-6:30pm	Hi-Lo	East
6:00pm-7:00pm	Family Gym	West
6:45pm-8:45pm	Boxing	East
7:00 pm - 10:00 pm	Adult Basketball	West
8:45 pm - 10:00 pm	Teen Basketball	East
TUESDAY		
5:15 am - 7:00 am	Open Gym	Full
7:00 am-8:30 am	Adult Basketball	Full
8:30am-12:00pm	Gymnastics Camp	Full
12:00pm-1:30pm	Gymnastics Camp	East
12:00pm-1:30pm	Adult Basketball	West
1:30pm-4:30pm	Gymnastics Camp	Full
4:30pm-6:00pm	Family Gym	East
4:30pm-6:00pm	Teen Basketball	West
6:00pm-8:00pm	Open Gym	Full
8:00pm-10:00pm	Adult Basketball	East
8:00pm-10:00pm	Teen Basketball	West
WEDNESDAY		
5:15 am - 8:30 am	Open Gym	Full
8:30am-12:00pm	Gymnastics Camp	Full
12:00pm-1:30pm	Gymnastics Camp	East
12:00pm-1:30pm	Adult Basketball	West
1:30pm-4:30pm	Gymnastics Camp	Full
4:30pm-5:30pm	Open Gym	East
4:30pm-6:30pm	Teen Basketball	West
5:30pm-6:30pm	Step Aerobics	East
6:30pm-7:30pm	Family Gym	West
6:30pm-10:00pm	Adult Basketball	East
7:30pm-10:00pm	Teen Basketball	West

THURSDAY		
5:15 am - 7:00 am	Open Gym	Full
7:00 am-8:30 am	Adult Basketball	Full
8:30am-12:00pm	Gymnastics Camp	Full
12:00pm-1:30pm	Gymnastics Camp	East
12:00pm-1:30pm	Adult Basketball	West
1:30pm-4:30pm	Gymnastics Camp	Full
4:30pm-6:00pm	Family Gym	East
4:30pm-6:00pm	Teen Basketball	West
6:00pm-8:00pm	Open Gym	Full
8:00pm-10:00pm	Adult Basketball	East
8:00pm-10:00pm	Teen Basketball	West
FRIDAY		
5:15 am - 7:00 am	Open Gym	Full
7:00 am-8:30 am	Open Gym	East
7:00 am-8:30 am	Adult Basketball	West
8:30am-12:00pm	Gymnastics Camp	Full
12:00pm-1:30pm	Gymnastics Camp	East
12:00pm-1:30pm	Adult Basketball	West
1:30pm-4:30pm	Gymnastics Camp	Full
4:30pm-6:00pm	Adult Basketball	Full
6:00pm-8:00pm	Teen Basketball	East
6:00pm-8:00pm	Family Gym	West
8:00pm-10:00pm	Open Gym	Full
SATURDAY		
7:00 am - 8:15 am	Open	Full
8:25 am - 9:25 am	Hi-Lo	Full
9:30 am - 12:00 pm	Open Gym	Full
12:00pm-2:00pm	Adult Basketball	Full
2:00pm-3:30pm	Family Gym	East
2:00pm-6:00pm	Open Gym	West
3:30pm-6:00pm	Teen Basketball	East

**Southeast Family YMCA
Gym & Swim Hotline # 341-3270**

- Please allow for 30 minutes of setup or breakdown of equipment before and after each class.
- Please do not enter the gym until all equipment is broken down and put away safely in the gym closet.
- Programs and schedules may change without notice.
- Children under 8 must be accompanied by a parent (with the exception of instructional times).
- Family time denotes parent/child participation only.
- Please, appropriate footwear required on gym floor.

