

# Westside Family YMCA Gym Schedule

Summer Session - June 22 - August 30, 2009

Updated 6/29/2009

Monday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-10:50	Open	Child Care
11:00-12:00	SilverSneakers I Class	
12:10-12:20	Adult Walking*	
12:30-1:30	SilverSneakers II Class	
1:40-2:05	Adult Walking*	
2:15-3:15	SilverSneakers I Class	
3:25-4:30	Open	Child Care
4:30-6:00	Child Care	
6:00-7:15	Open	Open
7:15-8:30	Teen Basketball (14-18 yrs)	
8:30-10:00	Adult Basketball (19 yrs+)	

Thursday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-9:30	Open	Child Care
9:45-10:50	Open	Child Care
11:00-12:00	SilverSneakers II Class	
12:10-2:00	Adult Walking*	
2:00-3:30	Child Care	Pickle-Ball
3:30-5:30	Child Care	Open
5:30-6:30	Youth Basketball (9-13 yrs)	
6:30-7:30	Prime Time Kids	Pickle-Ball
7:30-8:30	Teen Basketball (14-18 yrs)	
8:30-10:00	Adult Basketball (19 yrs+)	

Tuesday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-10:50	Open	Child Care
11:00-12:00	Silver Sneakers II Class	
12:10-2:00	Adult Walking*	
2:00-3:30	Child Care	Pickle-ball
3:30-5:30	Child Care	Open
5:30-6:30	Youth Basketball (9-13 yrs)	
6:30-7:30	Prime Time Kids	Pickle-ball
7:30-8:30	Teen Bball (14-18 yrs)	
8:30-10:00	Adult Basketball (19 yrs+)	

Friday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-11:15	Open	Child Care
11:15-1:30	Adult Walking*	
1:30-2:30	SilverSneakers I Class	
2:30-4:30	Open	Child Care
4:30-6:00	Child Care	
6:00-7:30	Karate Class**	
7:40-8:30	Open	Open
8:30-10:00	Adult Basketball (19 yrs+)	

Wednesday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-10:50	Open	Child Care
11:15-12:15	SilverSneakers I Class	
12:15-12:30	Adult Walking*	
12:30-1:30	SilverSneakers II Class	
1:40-2:05	Adult Walking*	
2:15-3:15	SilverSneakers I Class	
3:25-4:30	Child Care	Pickle-ball
4:30-6:00	Child Care	Open
6:00-7:30	Karate Class**	
7:40-8:30	Open	Open
8:30-10:00	Adult Basketball (19 yrs+)	

Saturday	North Gym	South Gym
7:00-8:15	Open	Open
8:15-1:15	Youth Sports Classes**	
1:15-2:30	Karate Class**	
2:30-6:00	Open	Birthday Parties

Sunday	North Gym	South Gym
9:00-1:00	Open	Pickle-Ball
1:00-5:00	Family Playtime***	
5:00-6:00	Open	Open

This schedule is subject to change without notice!

Open = Half-court basketball games only, unless noted



### Family Activities \*\*\*

All children under the age of 18 must be accompanied by a parent/guardian.



\*This time is for walking only.

Basketball is not permitted.

Children are napping in the Childcare Center.

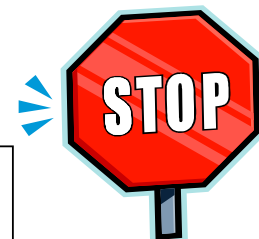
Thank you for your cooperation.

\*\* Programs are for registered participants only.

Bags, coats and extra clothing are not permitted on the gym floor. Please use our locker rooms for changing.

**No food or beverage is permitted in the gym.**

**Please wear clean, dry sneakers**  
(no sandals or flip flops). Thank you -



We build strong kids, strong families, strong communities.