

Westside Family YMCA Gym Schedule

Spring I: February 22 - April 18, 2010

Updated 2/17/2010

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	
1:35-2:35	SilverSneakers I Class	
2:45-4:30	Open	Child Care
4:30-6:00	Child Care	
6:00-7:30	Women's Open Basketball (16 yrs+)	
7:40-10:00	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
7:40-10:00	Teen Basketball (14-18 yrs)	

Tuesday	North Gym	South Gym
5:15-7:30	Open (Full Court)	
7:30-8:30	Child Care	
8:30-10:50	Karate Class***	
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
7:40-10:00	Teen Basketball (14-18 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
4:30-5:30	Child Care	
5:35-6:40	Open	Open
6:40-8:00	Karate Class***	
8:00-10:00	Open	Open

Gym will close at 5:30pm for Family Night on Friday, Feb 26, Mar 26 and April 23

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
4:30-5:30	Child Care	Open
5:35-6:40	Youth Sports Classes***	
6:40-8:00	Karate Class***	
8:00-10:00	Adult Basketball (19 yrs+)	

Saturday	North Gym	South Gym
7:00-8:15	Open	Open
8:15-1:15	Youth Sports Classes***	
1:15-2:15	Karate Class***	
2:15-3:00	Open	Birthday Parties
3:00-4:00	Healthy Living for Families***	
4:00-6:00	Open	Birthday Parties
6:00-8:00	Open	Open

Gym will close at 12:30pm for Healthy Kids Day on Saturday, April 17

Sunday	North Gym	South Gym
9:00-1:00	Open	Pickle-Ball
1:00-5:00	Family Playtime**	
5:00-7:00	Open	Open

This schedule is subject to change without notice!

Open = Half-court basketball games only, unless noted

Recreation Supervisor on duty in gym



Family Activities **

All children under the age of 13 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.

***Must register for the class to participate.

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.