

GYM A



GYM SCHEDULE

Spring Session
Effective 2/22/2010



GYM B

MON	TUE	WED	THUR	FRI
5:30 -9: 00 Open Gym				
9:00 -11:00 am Scheduled Programs				
11:00 -12:15 pm Open Gym				
12:15-1: 30 21+ Lunch Break Basketball				
1:30-4:00 Teen B- Ball	1:30-2:30 Scheduled Programs	1:30-4:00 Teen Pick-Up Basketball		
4:00 -7:00 Open Gym				4:00-5:00 Scheduled Programs
7:00-10:00 Open Gym			6:30-10:00 Mens Basketball League	7:00- 10:00 Teen B-Ball

MON	TUE	WED	THUR	FRI
5:30 -9:30 Open Gym				
9:30 -11:30 Scheduled Programs				
12:15-1:30 21+ Lunch Break Basketball				
1:30-4:00 Open Gym	1:30-2:30 Scheduled Programs	1:30-4:00 Open Gym	1:30-2:30 Scheduled Programs	1:30- 4:00 Open Gym
	2:30-4:00 Open Gym			
4:00-7:15 Scheduled Programs	4:00-6:00 Scheduled Programs	5:00-6:15 Scheduled Programs	5:00-7:00 Scheduled Programs	4:00- 7:00 Open Gym
7:15-10:00 Open Gym	6:00-10:00 Open Gym	6:15-10:00 Drop-in Table Tennis	7:00-10:00 Mens Basketball League	7:00- 10:00 Teen B-Ball

Building Hours: M-F 5:30am to 10pm; Sat 7am to 9pm; Sun 8am to 7pm **Schedule subject to change.

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SAT		SUN	
7:15am-8:15am Scheduled Program	8:00am-10:00am Adult Pick-Up Basketball	7:00am-8:00 am Open Gym	8:00am-10:00am Adult Pick-Up Basketball
10:00am-12:00pm Scheduled Program	10:00am-3:00pm Adult/Teen Pick-Up Basketball	8:00am-12:00pm Youth Basketball	10:00am-3:00 pm Family Open Gym
12:00pm-5:00pm Adult/Teen Pick-Up Basketball	3:00pm-7:00pm Open Gym	12:00pm-5:00pm Family Open Gym	3:00pm –6:00pm Drop-in Table Tennis
Mens Basketball League 5:00pm-Close		Mens Basketball League 5:00pm-Close	6:00pm-7:00pm Family Open Gym

Scheduled Program: A program has been scheduled during this time block and only those signed up for that program may use that part of the gym. Please see the program guide for more information.

21+ Lunch Break Basketball: This time block is set aside for Adults over 21 who wish to participate in pick-up basketball games during their lunch breaks from work.. Adults 21 or older have priority to use that part of the gym.

Teen Pick-Up Basketball: This time block is set aside for Teens (ages 13-17) who wish to participate in pick-up basketball games. Teens have priority to use that part of the gym.

Family Open Gym: This time block is set aside for Families who wish to participate in gym activities. Families have priority to use that part of the gym.

Open Gym: This time block is set aside for anyone wishing to use the gym for approved gym activities; including basketball, soccer, lacrosse, etc.

Drop-In Aerobics: This time block is set aside for Aerobics Classes. Please see Group Exercise schedule for more information.

Drop-in Table Tennis: This time block is set aside for those wishing to participate in Table Tennis games. Participation for members is free. Any non-members wishing to participate must pay a guest fee at the front desk.

****SPECIAL EVENTS PLANNED IN THE GYMNASIUM WILL BE POSTED AT LEAST ONE WEEK IN ADVANCE.****