



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM



July 2017

MONDAY			TUESDAY		
Time	Activity	Notes	Time	Activity	Notes
5:30-7:00 am	Open Gym		5:30-11:30 am	Open Gym	
7:00-8:00 am	Adult Pick-Up	18 & up	11:30-1:30 pm	Adult Pick-Up	18 & up
8:00- 11:30 am	Open Gym		2:30-8:00 pm	Showcase Basketball	Sign-up Required
11:30-1:30 pm	Adult Pick-Up	18 & up	8:00-10:00 pm	Adult Soccer	Sign-up Required
1:30-4:00 pm	Open Gym	8-17 yrs.			
4:00-5:15 pm	Youth Programs	Sign-up Required			
4:30-8:30 pm	Youth Basketball	Sign-up Required			
WEDNESDAY			THURSDAY		
Time	Activity	Notes	Time	Activity	Notes
5:30-7:00 am	Open Gym		5:30-11:30 am	Open Gym	
7:00-8:00 am	Adult Pick-up	18 & up	11:30-1:30 pm	Adult Pick-Up	
8:00-9:30 am	Open Gym		1:30-2:30 pm	Open Gym	
9:30-10:00 am	Stretch Class	See Adult Group Exercise	2:30-7:00 pm	Showcase Basketball	Sign-Up Required
10:00-11:30 am	Open Gym		7:00-10:00 pm	Adult Soccer	Sign-Up Required
11:30-1:30 pm	Adult Pick-Up	18 & up			
4:30-8:30 pm	Youth Basketball	Sign-up Required			
FRIDAY			SATURDAY		
Time	Activity	Notes	Time	Activity	Notes
5:30-7:00 am	Open Gym		7:00-9:00 am	Open Gym	
7:00-8:00 am	Adult Pick-Up	18 & up	9:00-5:00 pm	Youth Basketball	Sign-up Required
8:00-11:30 am	Open Gym		5:00-6:30 pm	Open Gym	
11:30-1:30 pm	Adult Pick-Up	18 & up			
1:30-4:00 pm	Open Gym		SUNDAY		
4:30-7:30 pm	Youth Basketball	Sign-Up Required	Time	Activity	Notes
7:30-8:30 pm	Showcase Basketball full-court	Sign-up Required	9:00-9:45am	Open Gym	
			9:45-3:30 pm	Showcase Basketball	Sign-Up Required
			3:30-5:00 pm	Open Gym	