



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Open Gym	5:30-8:45am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-9:00am Open Gym	6:00-8:00am Open Gym
9:15-11:45am Full Gym Pickle Ball	9:00-12:00pm Sports Camp	8:30-9:30am Full Gym Arthritis Program	8:00-9:00am Full Gym AOA Fitness	8:30-9:30am Full Gym Arthritis Program	9:00-12:00pm Sports Camp	8:30-9:30am Full Gym Youth Basketball
11:45-4:00pm Full Gym *Adult Basketball 21+	12:00-1:45pm Full Gym *Pickle Ball	9:30-12:00pm Sports Camp	9:00-12:00pm Sports Camp	9:30-12:00pm Sports Camp	12:00-1:00pm Open Gym	9:30-10:30am Full Gym Pee Wee Basketball
4:00-7:00pm Full Gym Open Gym & Rentals	1:45-5:00pm Summer Camp Full Gym	12:00-1:00pm Open Gym	12:00-1:00pm Open Gym	12:00-1:45pm Full Gym *Pickle Ball	1:00-3:30pm Summer Camp Full Gym	10:30-11:30am Full Gym Pee Wee Soccer
	5:00-6:00 Pee Wee Soccer Ages 5-7	1:00-5:00pm Summer Camp Full Gym	1:00-5:00pm Summer Camp Full Gym	1:45-5:00pm Summer Camp Full Gym	3:30-4:15pm Tee Ball Ages 4-6	11:30-12:30pm Full Gym Youth Soccer
	6:00-8:00pm Open Gym	5:15-6:15pm Full Gym GO! Kids	5:00-5:45pm Open Gym	5:15-6:15pm Full Gym GO! Kids	4:15-5:00pm Open Gym	12:45-1:45pm Full Gym Gymnastics (3-5yrs old)
	8:00-9:45pm Full Gym *Adult Soccer	6:30-7:15pm Full Gym Tae Kwon Do	5:45-6:30pm Full Gym Tae Kwon Do Beginners	6:15-7:15pm Full Gym Intermediate Basketball	5:00-5:45pm Full Gym Rookie Sports	2:00-3:00pm Full Gym Gymnastics (6-8yrs old)
		7:15-9:45pm Full Gym *Adult Basketball	6:30-7:15pm Full Gym Tae Kwon Do	7:15-8:15pm Teen Basketball Skills and Drills	6:00-6:30pm Teen Dodgeball	3:00-4:00pm Full Gym Pee Wee Basketball
			7:15-9:45pm Full Gym *Pickle Ball	8:15-9:45pm Full Gym *Adult Soccer	6:30-9:45pm Full Gym Teen Basketball	4:00-6:00pm Full Gym *Adult Basketball
						6:00-7:00pm Full Gym Open Gym/ Rentals
						7:00-9:45pm Full Gym Teen Basketball

\*Adult Sports are open to members 18+ except 21+ Sundays Guest Fees Apply.

**Schedule is subject to change for camp and weather**