



EASTSIDE FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym		5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym)	5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-8:45PM (Gym)	5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym)	5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-6:00PM (Gym) 8:00PM-8:45PM (Gym)	7:00AM-9:30AM (Gym) 4:00PM-5:45PM (Gym)	11:15AM-4:45PM (Gym)
OPEN GYM Family Gym		5:00AM-8:00AM (Gym) 12:30PM-3:45PM (Gym) 7:45PM-8:45PM (Gym)	5:00AM-6:45AM (Gym) 12:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 3:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym)	7:00AM-8:15AM (Gym) 11:00AM-1:00PM (Gym)	8:00AM-9:00AM (Gym)
BASKETBALL: ADULT Gym		11:30AM-1:30PM (Gym)	11:30AM-1:30PM (Gym)	11:30AM-1:30PM (Gym)	11:30AM-1:30PM (Gym)		8:00AM-11:00AM (Gym)
VOLLEYBALL: OPEN Gym		6:00PM-8:00PM (Gym)					
OPEN GYM East Gym					6:00PM-8:00PM (Gym)	2:00PM-4:00PM (Gym)	
CLOSED: FAMILY GYM Family Gym						11:15AM-6:00PM (Gym)	11:15AM-6:00PM (Gym)



SCHOTTLAND FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Full Gym		5:00AM-7:00AM (Gym) 2:30PM-8:45PM (Gym)	5:00AM-1:00PM (Gym) 3:00PM-5:00PM (Gym)	5:00AM-7:00AM (Gym) 8:30AM-9:30AM (Gym) 3:30PM-8:45PM (Gym)	5:00AM-7:00AM (Gym) 8:30AM-12:30PM (Gym) 3:30PM-8:45PM (Gym)	9:30AM-5:45PM (Gym)	3:00PM-4:45PM (Gym)
OPEN GYM Turf Gym		5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym)	6:30AM-9:15AM (Gym) 11:00AM-3:30PM (Gym)	5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym)	6:30AM-9:15AM (Gym) 11:30AM-5:45PM (Gym) 6:45PM-8:45PM (Gym)	8:30AM-5:45PM (Gym)	9:30AM-4:45PM (Gym)
OPEN GYM Family Gym		6:30AM-8:45AM (Gym) 12:00PM-3:10PM (Gym)	5:00AM-9:00AM (Gym) 1:00PM-8:45PM (Gym)	5:00AM-8:45AM (Gym) 12:00PM-3:30PM (Gym)	5:00AM-9:45AM (Gym) 12:00PM-3:30PM (Gym) 6:00PM-8:45PM (Gym)	7:00AM-8:30AM (Gym) 1:15PM-5:00PM (Gym)	8:00AM-4:45PM (Gym)
BASKETBALL: ADULT Full Gym		7:00AM-8:30AM (Gym)		7:00AM-8:30AM (Gym)	7:00AM-8:30AM (Gym)		11:00AM-1:00PM (Gym)
SCHEDULED PROGRAMMING: TURF GYM Turf Gym		10:15AM-10:45AM (Gym)					
OPEN GYM East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym)			
SCHEDULED PROGRAMMING: CHILD CARE Family Gym			9:00AM-9:45AM (Gym)				
VOLLEYBALL: ADULT West Gym				10:00AM-12:00PM (Gym)			
FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym						5:00PM-6:00PM (Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym						5:00PM-6:00PM (Gym)	



WESTSIDE FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN FUN FIT Fun Fit Room		5:30AM-8:00AM (Gym) 9:00AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	5:30AM-5:00PM (Gym) 6:00PM-9:00PM (Gym)	5:30AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	5:30AM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	8:00AM-4:00PM (Gym)
OPEN GYM Gym		5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	7:00AM-8:45AM (Gym) 1:15PM-5:00PM (Gym)	10:30AM-4:00PM (Gym)
SCHEDULED PROGRAMMING: FUN FIT Fun Fit Room		8:00AM-9:00AM (Gym) 10:00AM-11:00AM (Gym) 5:00PM-6:15PM (Gym)	5:00PM-6:00PM (Gym)	10:00AM-11:00AM (Gym) 5:00PM-6:30PM (Gym)			
SCHEDULED PROGRAMMING: Child Care South Gym		10:30AM-12:15PM (Gym)	8:45AM-10:45AM (Gym)	10:30AM-12:15PM (Gym)	8:45AM-9:45AM (Gym)		
WALKING: ADULT Gym		12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)		
SCHEDULED PROGRAMMING: Child Care Gym		3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)		
BASKETBALL: ADULT North Gym		6:30PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
OPEN GYM South Gym		6:45PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
OPEN GYM North Gym			8:45AM-10:45AM (Gym)		8:45AM-9:45AM (Gym)		
SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL Gym			4:30PM-5:30PM (Gym)		4:30PM-5:30PM (Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASKETBALL: ADULT Gym			7:30PM-9:00PM (Gym)				



BAY VIEW FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym		5:30AM-7:00AM (Gym) 3:00PM-9:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:00AM (Gym) 5:00PM-9:00PM (Gym)	5:30AM-8:00AM (Gym) 5:00PM-6:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:00AM (Gym) 5:00PM-9:00PM (Gym)	7:00AM-8:00AM (Gym) 9:00AM-12:00PM (Gym)	8:45AM-2:00PM (Gym)
BASKETBALL: ADULT Gym			6:00AM-7:00AM (Gym)		6:00AM-7:00AM (Gym)		
SCHEDULED PROGRAMMING: UPK West Gym			9:00AM-9:30AM (Gym)		9:00AM-9:30AM (Gym)		
OPEN GYM East Gym			9:00AM-9:30AM (Gym) 4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	9:00AM-9:30AM (Gym) 4:00PM-5:00PM (Gym)		
SCHEDULED PROGRAMMING: UPK Adventure Center			12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)		
SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL West Gym			4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)		



SANDS FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM North Gym		5:30AM-9:15AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:00PM (Gym)	5:30AM-10:00AM (Gym) 12:45PM-6:15PM (Gym)	5:30AM-9:00AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:45PM (Gym)	5:30AM-7:00AM (Gym) 8:30AM-10:00AM (Gym) 12:45PM-7:30PM (Gym) 7:45PM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	11:15AM-4:00PM (Gym)
OPEN GYM South Gym		5:30AM-9:15AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:00PM (Gym)	12:45PM-6:15PM (Gym)	5:30AM-9:00AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:45PM (Gym)	5:30AM-7:00AM (Gym) 8:30AM-10:00AM (Gym) 12:45PM-5:30PM (Gym) 7:45PM-9:00PM (Gym)	7:00AM-8:15AM (Gym) 11:30AM-5:00PM (Gym)	11:15AM-4:00PM (Gym)
OPEN GYM Turf Gym		5:30AM-8:30AM (Gym) 9:45AM-5:15PM (Gym) 6:15PM-8:45PM (Gym)	6:45AM-9:15AM (Gym) 11:45AM-5:15PM (Gym) 7:30PM-9:00PM (Gym)	5:30AM-9:00PM (Gym)	6:30AM-9:15AM (Gym) 10:30AM-5:30PM (Gym) 7:30PM-9:00PM (Gym)	7:00AM-8:30AM (Gym) 9:30AM-1:00PM (Gym) 3:15PM-5:00PM (Gym)	8:00AM-12:45PM (Gym) 3:00PM-4:00PM (Gym)
SCHEDULED PROGRAMMING: NORTH GYM North Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
SCHEDULED PROGRAMMING: SOUTH GYM South Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
BASKETBALL: ADULT Gym		8:00PM-8:55PM (Gym)			7:00AM-8:30AM (Gym)		
PARENT/CHILD TODDLER TIME Turf Gym			10:30AM-11:30AM (Gym)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PROJECTION GAMES Turf Gym			6:30PM-7:30PM (Gym)		5:30PM-7:30PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)



CORNING FAMILY YMCA

[illegible]



NORTHWEST FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym		5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym)	2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym)	5:30AM-6:00AM (Gym) 11:30AM-12:15PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym)	5:30AM-6:30AM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-8:45PM (Gym)	7:00AM-8:30AM (Gym) 12:45PM-4:45PM (Gym)	11:00AM-1:45PM (Gym)
SCHEDULED PROGRAMMING: CHILD CARE West Gym		4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym)	10:30AM-11:15AM (Gym) 4:30PM-5:30PM (Gym)		
OPEN GYM East Gym		4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	4:30PM-5:30PM (Gym)		
PRIME TIME KIDS West Gym		6:00PM-7:45PM (Gym)		6:00PM-7:45PM (Gym)			
BASKETBALL: OLDER ADULT Gym			11:00AM-1:00PM (Gym)				



MAPLEWOOD FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym		6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 11:30AM-1:00PM (Gym) 4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 4:00PM-9:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-2:00PM (Gym)
OPEN GYM East Gym		1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	11:30AM-4:00PM (Gym)	7:00AM-12:00PM (Gym)	9:00AM-12:00PM (Gym)
FAMILY GYM West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
SCHEDULED PROGRAMMING: WEST GYM East Gym					11:30AM-1:30PM (Gym)		
BASKETBALL: ADULT West Gym						9:00AM-12:00PM (Gym)	10:30AM-12:00PM (Gym)