

JAMESTOWN YMCA GYM SCHEDULE AUGUST 2010

GYM SCHEDULE MAY CHANGE ACCORDING TO PROGRAM NEEDS.
ALWAYS CALL AHEAD OR CHECK AT THE WELCOME DESK FOR ANY CHANGES.

LOWER GYM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00AM-3:00 PM Open Rec
9:45 - 11:45 AM Day Camp	9:45 - 11:45 AM Day Camp	9:45 - 11:45 AM Day Camp	9:30 AM-12:00 Open Rec	9:45 - 11:45 AM Day Camp	
12:00-1:30 PM Noon Basket- ball	12:00-3:00 PM Open Rec	12:00-1:30 PM Noon Basketball	12:00-3:00 PM Open Rec	12:00-1:30 PM Noon Basketball	3:00-7:00 PM Rentals
1:30-6:00 PM Open Rec		1:30-4:30 PM Open Rec		1:30-3:00 PM Open Rec	
	3:00-6:00 PM Open Rec	4:30 -5:15 PM Open Rec	3:00-6:00 PM Open Rec	3:00-6:00 PM Open Rec	
6:00-9:00 PM Open Rec	6:00-9:00 PM Open Rec	6:00-9:00 PM Summer Basketball League	6:00-9:00 PM Summer Basketball League	6:00-9:00 PM Open Rec	

UPPER GYM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:00 AM Open Rec
9:30-10:30 AM SilverSneakers® Muscular Strength		9:30-10:30 AM SilverSneakers® Muscular Strength		9:30-10:30AM SilverSneakers® Yoga Stretch	
10:30 AM- 12:00 PM Open Rec	9:30 - 4:00 PM Open Rec	10:30 AM- 12:00 PM Open Rec	10:45-11:30 AM Intro to Sports	10:30 AM- 12:00 PM Open Rec	
12:00-1:30 PM Noon Basketball		12:00-1:30 PM Noon Basketball	11:30 - 4:00 Open Rec	12:00-1:15 PM Noon Basketball	
1:30-6:00 PM Open Rec		1:30-4:00 PM Open Rec		1:15-2:00 PM Intro to Sports	3:00-7:00 PM Rentals
6:00-9:00 PM Open Rec	4:00-9:00 PM Open Rec	5:00-9:00 PM Teen Rec	4:00 – 9:00 PM Open Rec	5:00-9:00 PM Teen Rec	