



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

OCTOBER 10 - 31

BURLINGTON AREA YMCA

OLD GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM 5:00 AM - 8:00 AM	OPEN GYM 5:00 AM - 8:00 AM	OPEN GYM 5:00 AM - 8:00 AM	OPEN GYM 5:00 AM - 8:00 AM	OPEN GYM 5:00 AM - 8:00 AM	OPEN GYM 7:00AM-5:00PM	
6:00 AM							
7:00 AM	PICKLEBALL 8:00 AM - 11:00 AM	PICKLEBALL 8:00 AM - 11:00 AM	PICKLEBALL 8:00 AM - 11:00 AM	PICKLEBALL 8:00 AM - 11:00 AM	PICKLEBALL 8:00 AM - 11:00 AM		
8:00 AM							
9:00 AM	OPEN GYM 11:00 AM - 4:00 PM	OPEN GYM 11:00 AM - 4:00 PM	OPEN GYM 11:00 AM - 9:00 PM	OPEN GYM 11:00 AM - 9:00 PM	OPEN GYM 11:00 AM - 7:00 PM		
10:00 AM							
11:00 AM	BBALL PRACTICE 4:00 PM - 8:00PM	BBALL PRACTICE 4:00 PM - 8:00PM	BBALL PRACTICE 4:00 PM - 8:00PM	BBALL PRACTICE 4:00 PM - 8:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
12:00 PM							
1:00 PM	ADULT VB 5:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	OPEN GYM 6:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
2:00 PM							
3:00 PM	ADULT VB 5:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	OPEN GYM 6:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
4:00 PM							
5:00 PM	ADULT VB 5:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	OPEN GYM 6:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
6:00 PM							
7:00 PM	ADULT VB 5:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	OPEN GYM 6:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
8:00 PM							
9:00 PM	ADULT VB 5:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	OPEN GYM 6:00 PM - 9:00 PM	BBALL PRACTICE 4:00 PM - 9:00PM	BBALL PRACTICE 4:00 PM - 7:00PM		
10:00 PM							

NEW GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 4:00PM	OPEN GYM 5:00 AM - 4:00 PM	OPEN GYM 5:00 AM - 4:00 PM	OPEN GYM 5:00 AM - 4:00PM	OPEN GYM 7:00AM-5:00PM	
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
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10:00 PM							

IMPORTANT NOTES

BASKETBALL PRACTICES BEGAN WEEK OF OCTOBER 24TH AND SCHEDULES WILL CHANGE
OCTOBER 29TH GYM 2 CLOSED FOR 5K -SPOOKY SPRINT