



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

April 2018

BURLINGTON AREA YMCA

OLD GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 7:00 AM - 6:00 PM	OPEN GYM 12:00 - 6:00
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	PICKLEBALL 9:00 AM - 11:00 AM		PICKLEBALL 9:00 AM - 11:00 AM		PICKLEBALL 9:00 AM - 11:00 AM		
10:00 AM							
11:00 AM	OPEN GYM 11:00 AM - 1:00 PM		OPEN GYM 11:00 AM - 1:00 PM		OPEN GYM 11:00 AM - 1:00 PM		
12:00 PM							
1:00 PM	BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 PM		
2:00 PM							
3:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM				
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

NEW GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM 5:00 AM - 7:00 PM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 7:00AM - 6:00 PM	OPEN GYM 12:00- 6:00
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM	Itty Bitty Sports 1 5:15 PM - 6:00 PM	Open Gym 6:00 PM - 10:00 PM					
4:00 PM							
5:00 PM							
6:00 PM	Volleyball Open Gym 7:00 PM - 8:30 PM						
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM	Open Gym 8:30 PM - 10:00 PM						

IMPORTANT NOTES

In case of bad weather Spring Soccer may use Gym 2

April 8 : Body Pump 105 Launch in Gym 1 @ 1pm

April 21st Healthy Kids Day 1-3 PM Activities