



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

JANUARY 8 - JANUARY 31

BURLINGTON AREA YMCA

OLD GYM									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00 AM		OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 7:00 AM - 8:45 AM			
6:00 AM	OPEN GYM 5:00 AM - 9:00 AM		OPEN GYM 5:00 AM - 9:00 AM		OPEN GYM 5:00 AM - 9:00 AM				
7:00 AM			PICKLEBALL 9:00 AM - 11:00 AM			PICKLEBALL 9:00 AM - 11:00 AM		Mighty Mite Basketball 9AM-3PM	
8:00 AM	PICKLEBALL 9:00 AM - 11:00 AM				PICKLEBALL 9:00 AM - 11:00 AM				
9:00 AM									OPEN GYM 12:00- 6:00
10:00 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			
11:00 AM	BADMINTON 1:00 PM - 2:30 PM				BADMINTON 1:00 PM - 2:30 PM	BADMINTON 1:00 PM - 2:30 PM			
12:00 PM					OPEN GYM 2:30 PM - 4:00 PM			OPEN GYM 2:30PM - 5:45PM	OPEN GYM 3:00PM 6:00PM
1:00 PM	OPEN GYM 2:30 PM - 6:30 PM		Mighty Mite Pract.		Mighty Mite Bball Pract.	Mighty Mite Bball Pract.		Friday Night Youth Night 6:00 PM - 8:30 PM	
2:00 PM	Mighty Mite Pract.		1/2 Gym MM Prac.					OPEN GYM 8:30 PM - 10:00 PM	
3:00 PM			OPEN GYM 7:30 PM - 10:00 PM	OPEN GYM 7:30 PM - 10:00 PM					
4:00 PM	OPEN GYM 7:30 PM - 10:00 PM	OPEN GYM 7:00 PM - 10:00 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 - 10:00 PM	OPEN GYM 5:00 AM - 9:45 PM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 5:45 PM	Youth Winter Soccer League	Adult Indoor Soccer League	
6:00 AM								
7:00 AM			Itty Bitty Sports					
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM								
12:00 PM								
1:00 PM			OPEN GYM 11:00 AM - 5:00 PM					
2:00 PM								
3:00 PM		Youth Winter Soccer League Training 5:00 PM - 8:00 PM	Youth Winter Soccer League Training 5:00 PM - 8:00 PM	Youth Winter Soccer League Training 5:00 PM - 8:00 PM	Friday Night Youth Night 6:00 PM - 8:30 PM	Open Gym		
4:00 PM								
5:00 PM								
6:00 PM								
7:00 PM								
8:00 PM		SOCCER OPEN GYM 8:00 PM - 10:00 PM	OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	OPEN GYM 8:30 PM - 10:00 PM			
9:00 PM								
10:00 PM								

IMPORTANT NOTES

Itty Bitty Sports Program: Tuesdays: Jan. 16 - Feb. 2, 10AM-10:45

Soccer Open Gym: Free for members and Adult League team members, day pass for non-members

Youth Winter Soccer Training will start week of January 15th, games start January 20th

Adult Soccer League begins January 14

Mighty Mite Basketball games begin Jan. 20