



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

July 2018

BURLINGTON AREA YMCA

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

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

IMPORTANT NOTES

In the event of bad weather Itty Bitty will be held in gym 2 during designated time

Volleyball Games on Sunday July 1st and 22nd from 1-3

Summer Sports Camp is week of July 15 from 9AM - 4 PM

BB Skills camp in Gym 2 Week of July 23rd from 4-6:30 PM

Sports Camp Gym 2 in event of Rain 9AM-4PM

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2018 v-ball 1 PM-3	2 v-Ball 4-6:30	3	4 Closed	5 Tball Games VB 4-6:30 IBS II 10:00-10:45	6 VB 4-6:30 VB 3:30-6	7
8	9	10 Tball + extra game	11 IBS I 5:15-6 VBall 4- 6:30 6:30	12 Tball games VB 4-6:30 IBS II 10:00-10:45	13	14 IBS III 10-10:45AM
15 → Sports Camp 9-4	16	17	18	19 vBall 4-6:30 Tball + extra game	20 }	21 Dicks 10-9 10-10:45AM IBS III
22 v-ball 1pm-3 bball skills camp →	23 4-5 5:15 6:30	24	25	26 }	27	28 10-10:45AM IBS III
29	30	31	1 Aug	2	3	4