



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTEMBER GYM SCHEDULE

BURLINGTON AREA YMCA

| OLD GYM  |   |                                       |   |                                       |   |                                      |        |
|----------|---|---------------------------------------|---|---------------------------------------|---|--------------------------------------|--------|
|          | MONDAY                                  | TUESDAY                               | WEDNESDAY                               | THURSDAY                              | FRIDAY                                  | SATURDAY                             | SUNDAY |
| 5:00 AM  | <b>OPEN GYM</b><br>5:00 AM - 9:00 AM    | <b>OPEN GYM</b><br>5:00 AM - 10:00 PM | <b>OPEN GYM</b><br>5:00 AM - 9:00 AM    | <b>OPEN GYM</b><br>5:00 AM - 10:00 PM | <b>OPEN GYM</b><br>5:00 AM - 9:00 AM    | <b>OPEN GYM</b><br>7:30 AM - 6:00 PM |        |
| 6:00 AM  |   |                                       |   |                                       |   |                                      |        |
| 7:00 AM  |   |                                       |   |                                       |   |                                      |        |
| 8:00 AM  |   |                                       |   |                                       |   |                                      |        |
| 9:00 AM  | <b>PICKLEBALL</b><br>9:00 AM - 11:00 AM |                                       | <b>PICKLEBALL</b><br>9:00 AM - 11:00 AM |                                       | <b>PICKLEBALL</b><br>9:00 AM - 11:00 AM |                                      |        |
| 10:00 AM |   |                                       |   |                                       |   |                                      |        |
| 11:00 AM | <b>OPEN GYM</b>                         |                                       | <b>OPEN GYM</b>                         |                                       | <b>OPEN GYM</b>                         |                                      |        |
| 12:00 PM |   |                                       |   |                                       |   |                                      |        |
| 1:00 PM  | <b>BADMINTON</b><br>1:00 PM - 2:30 PM   |                                       | <b>BADMINTON</b><br>1:00 PM - 2:30 PM   |                                       | <b>BADMINTON</b><br>1:00 PM - 2:30 PM   |                                      |        |
| 2:00 PM  |   |                                       |   |                                       |   |                                      |        |
| 3:00 PM  | <b>OPEN GYM</b><br>2:30 PM - 10:00 PM   | <b>OPEN GYM</b><br>2:30 PM - 10:00 PM | <b>OPEN GYM</b><br>2:30 PM - 10:00 PM   | <b>OPEN GYM</b><br>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  | <b>OPEN GYM</b><br>5:00 AM - 10:00 PM | <b>OPEN GYM</b><br>5:00 AM - 4:30 PM  | <b>OPEN GYM</b><br>5:00 AM - 10:00 PM | <b>OPEN GYM</b><br>5:00 AM - 4:30 PM | <b>OPEN GYM</b><br>5:00 AM - 10:00 PM | <b>OPEN GYM</b><br>7:30 AM - 6:00 PM |        |
| 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  |                                       | <b>YOUTH VOLLEYBALL LEAGUE</b>        |                                       | <b>YOUTH VOLLEYBALL LEAGUE</b>       |                                       |                                      |        |
| 3:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 4:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 5:00 PM  | <b>OPEN GYM</b><br>7:00 PM - 10:00 PM | <b>OPEN GYM</b><br>7:00 PM - 10:00 PM |                                       |                                      |                                       |                                      |        |
| 6:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 7:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 8:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 9:00 PM  |                                       |                                       |                                       |                                      |                                       |                                      |        |
| 10:00 PM |                                       |                                       |                                       |                                      |                                       |                                      |        |

**\*IMPORTANT DATES\***

September 10th - YMCA CLOSED