



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gymnasium Schedule

Downtown FAMILY YMCA Fall Gym Schedule Sept. 7th— Nov. 12th

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| Adult Pick-up Basketball Court I & II 10:00a-1:00p | OPEN GYM Court I & II 4:00— 6:00am | OPEN GYM Court I & II 4:00— 6:00am | OPEN GYM Court I & II 4:00— 6:00am | OPEN GYM Court I & II 4:00— 6:00am | OPEN GYM Court I & II 4:00— 6:00am | OPEN GYM Court I & II 6:00a-8:30a |
| Family Gym Court I 1:00p-4:45p Pick-Up Basketball Court II 1:00-4:45p | Court I & II 6:00—11:00 am | Court I & II 6:00—11:00 am | Court I & II 6:00—11:00 am | Court I & II 6:00—11:00 am | Court I & II 6:00—11:00 am | Family Gym Court I 8:30a-5:45p Pick-Up Basketball Court II 8:30a-5:45p |
| Family Gym Court I 1:00p-4:45p Pick-Up Basketball Court II 1:00-4:45p | Pick-up Basketball Court I 11:00a—1:00p | Adult Pick-up Basketball Court I 11:00a—1:00p | Pick-up Basketball Court I 11:00a—1:00p | Adult Pick-up Basketball Court I 11:00a—1:00p | Pick-up Basketball Court I 11:00a—1:00p | Family Gym Court I 8:30a-5:45p Pick-Up Basketball Court II 8:30a-5:45p |
| Family Gym Court I 1:00p-4:45p Pick-Up Basketball Court II 1:00-4:45p | OPEN GYM Court I 1:00p-6:00p Court II 5:00—6:00p | OPEN GYM Court I 1:00p-6:00p Court II 5:00—6:00p |  | OPEN GYM Court I 1:00p-6:00p Court II 5:00—6:00p | OPEN GYM Court I 1:00p-6:00p Court II 5:00—6:00p | Family Gym Court I 8:30a-5:45p Pick-Up Basketball Court II 8:30a-5:45p |
| Family Gym Court I 1:00p-4:45p Pick-Up Basketball Court II 1:00-4:45p | CDC Court II 9:00a-11:00a 3:00p-5:00p | CDC Court II 9:00a-11:00a 3:00p-5:00p | CDC Court II 9:00a-11:00a 3:00p-5:00p | CDC Court II 9:00a-11:00a 3:00p-5:00p | CDC Court II 9:00a-11:00a 3:00p-5:00p | Family Gym Court I 8:30a-5:45a Pick-Up Basketball Court II 8:30a-5:45p |
|  | Family Gym Court I 6:00p-9:15p Pick-Up Basketball Court II 6:00p-9:15p | Adult Pick-Up Basketball Court I & II 6:00—9:15pm | Family Gym Court I 6:00p-9:15p Pick-Up Basketball Court II 6:00p-9:15p | Family Gym Court I 6:00p-9:15p Pick-Up Basketball Court II 6:00p-9:15p | Boot Camp Court I 6:00p-7:00p Pick-Up Basketball Court II 6:00p-9:15p |  |

Visit our Website @ www.metroymca.org
 Downtown YMCA
 430 S. 20th Street • OMAHA NE • 341-1600