

# Glens Falls Family YMCA

## Gym Schedule for 3/1/10-3/7/28

\*Gym schedule subject to change without notice.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B		
5:30 am											<b>Opens @ 6:00</b>					
6:00 am			<b>Women's Pick-Up B-ball 6-7am</b>				<b>Women's Pick-Up B-ball 6-7am</b>						<b>YMCA Opens @ 8:00 am</b>			
6:30 am																
7:00 am									<b>Swim Team 6:30-7:30</b>							
7:30 am																
8:00 am														<b>Baseball Sessions 8-10am</b>		
8:30 am																
9:00 am											<b>Baseball Mechanics 9-10am</b>					
9:30 am											<b>Little Dunkers 9-9:45pm</b>					
10:00am		<b>Toddler track and fiels 10-10:30</b>														
10:30am								<b>Bumble bees 10-10:30</b>			<b>Drillers B-Ball 10-11am</b>					
11:00am			<b>Little Dunkers &amp; Swim 10:35-11</b>				<b>Special Olympics 10:30-11:30am</b>				<b>Slammers B-Ball 11-12pm</b>					
11:30am	<b>NBA B-ball</b>				<b>NBA B-ball</b>				<b>NBA B-ball</b>				<b>Adaptive Basketball 11-1pm</b>			
12:00pm																
12:30pm																
1:00 pm																
1:30 pm																
2:00 pm																
2:30 pm																
3:00 pm																
3:30 pm																
4:00 pm		<b>Slammers 4-4:45pm</b>												<b>Men's Over 50 B-ball 3:30-5pm</b>		
4:30 pm			<b>Dodge ball 4:15-5pm</b>				<b>Funtastic Fitness 4-4:30</b>		<b>Slammers 4-4:45pm</b>							
5:00 pm		<b>Shooters 5-5:45pm</b>					<b>Funtastic Fitness 4:30-5:15</b>				<b>Dodge ball 4:15-5pm</b>					
5:30 pm					<b>T-ball 5-5:45pm</b>						<b>Floor Hockey 5-6pm</b>					
6:00 pm																
6:30 pm																
7:00 pm																
7:30 pm			<b>Pick-Up Volleyball 7:30-10pm</b>				<b>Pick-Up Volleyball 7:30-10pm</b>									
8:00 pm																
8:30 pm											<b>YMCA Closes @ 7:00 pm</b>		<b>YMCA Closes @ 7:00 pm</b>			
9:00 pm																
9:30 pm																
10:00pm	<b>YMCA Closed @ 10:00 pm</b>															