

# DCY Gym Schedule March 15 – June 20, 2010

	MON	MON	TUES	TUES	WED	WED	THR	THR	FRI	FRI	SAT	SAT	SUN	SUN		
	A	B	A	B	A	B	A	B	A	B	A	B	A	B		
5:30															No B-ball During Group Fitness	
6:00																
6:30																
7:00																
7:30																
8:00																
8:30					Group Fitness				Group Fitness							
9:00	Group Fitness															
9:30																
10:00											Group Fitness				Gym Closed Fri/Sat April 9/10 And Sat. April 17 For Special Events	
10:30																
11:00																
11:30											Young Adult B-ball 18+	FAMILY GYM				
12:00	Mens Basketball				Mens Basketball				Mens Basketball							
12:30																
1:00													Family Gym	Teen Basketball 12-17		
1:30																
2:00																
2:30																
3:00											Open GYM	RENTAL if necessary				
3:30															18+ B-Ball	Men's Basketball 25+ Members Only
4:00	OPEN GYM	Family Gym	Open Gym	Family Gym	Open Gym	Family Gym	Open Gym	Family Gym	Open Gym	Family Gym						
4:30																
5:00																
5:30	Group Fitness		Group Fitness		Group Fitness										No children Younger than 12 may use the gym without supervision of an adult 21 or over.	
6:00																
6:30	Teen Basketball 12-17	Family Gym			Open Gym		Teen Basketball 12-17		Teen Basketball 12-17							
7:00					Over 25 Basketball Members Only		Teen Basketball 12-17		Teen Basketball 12-17							
7:30	Young Adult Basketball 18+		Teen Basketball 12-17	Volley- ball												
8:00																
8:30																

**Basketballs may only be checked out by Members. Guests may be limited during prime hours.**

**The YMCA reserves the right to make adjustments to the gym schedule at any time.**

**During full court time, if at least 12 players are not present, curtain will be closed and 1/2 court games may be played.**

**During Family Gym any child under 18 must be supervised in the gym by an adult over 21.**

**During Open Gym, please share gym space with others.**