

GYM SCHEDULE

DECEMBER 15-21

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				
6 am									
7 am									
8 am						OPEN GYM			
9 am	OPEN PICKLEBALL		TOT TIME	OPEN PICKLEBALL	OPEN PICKLEBALL				
10 am	8:30-10:30 am		9:30-10:30 am	8:30-10:30 am	8:30-10:30 am				
		Y Staff							
11 am	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT	YOUTH SPORTS	OPEN GYM		
12 pm	11 am-Noon Anneke	11 am-Noon Debbie	11 am-Noon Anneke	11 am-Noon Debbie	11 am-Noon Maria				
1 pm	AOA FOREVER FIT	CHAIR YOGA	AOA FOREVER FIT	CHAIR YOGA	OPEN GYM				
	12:15-1 pm Anneke	12:15-1 pm Vandana	12:15-1 pm Anneke	12:15-1 pm Vandana					
2 pm	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN GYM	8:30 am-5 pm			
	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm					
3pm									
4 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	BASKETBALL PRACTICE		OPEN VOLLEYBALL		
5 pm	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE				4-8 pm	
6 pm									
7 pm									
8 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				

Open Gym / Family Gym any time there is not a scheduled activity, net sports not available during this time. Please allow for up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES / ACTIVITIES

PRE-REGISTRATION REQUIRED

GYM SCHEDULE

DECEMBER 22-28

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am	BRANCH CLOSED	BRANCH CLOSED	BRANCH CLOSED	BRANCH CLOSED	BRANCH CLOSED		
12 pm	All YMCA of Snohomish County locations will be closed in observance of Wellness Week, December 22-26.	All YMCA of Snohomish County locations will be closed in observance of Wellness Week, December 22-26.	All YMCA of Snohomish County locations will be closed in observance of Wellness Week, December 22-26.	All YMCA of Snohomish County locations will be closed in observance of Wellness Week, December 22-26.	All YMCA of Snohomish County locations will be closed in observance of Wellness Week, December 22-26.	OPEN GYM	OPEN GYM
1 pm							
2 pm							
3pm							
4 pm							OPEN VOLLEYBALL 3-4:45 pm
5 pm							
6 pm							
7 pm							
8 pm							

Open Gym / Family Gym any time there is not a scheduled activity, net sports not available during this time. Please allow for up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES / ACTIVITIES

PRE-REGISTRATION REQUIRED

GYM SCHEDULE

DECEMBER 29 – JANUARY 4

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM		
6 am							
7 am							
8 am		TOT TIME 9:30-10:30 am Y Staff		OPEN GYM			
9 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN PICKLEBALL 8:30-10:30 am	OPEN PICKLEBALL 8:30-10:30 am			
10 am						OPEN GYM	SET UP FOR ZUMBA CHEER EVENT
11 am	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Maria		
12 pm	AOA FOREVER FIT 12:15-1 pm Anneke	CHAIR YOGA 12:15-1 pm Vandana	AOA FOREVER FIT 12:15-1 pm Anneke	CHAIR YOGA 12:15-1 pm Vandana			
1 pm						BDAY PARTY 1-2 pm	
2 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN GYM		
3pm							
4 pm	OPEN GYM	OPEN GYM	OPEN GYM				
5 pm							
6 pm	BASKETBALL PRACTICE 5-8 pm	BASKETBALL PRACTICE 5-8 pm			BASKETBALL PRACTICE 5-8 pm		
7 pm							
8 pm	OPEN GYM	OPEN GYM			OPEN GYM		

Open Gym / Family Gym any time there is not a scheduled activity, net sports not available during this time. Please allow for up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES / ACTIVITIES

PRE-REGISTRATION REQUIRED