

GYM SCHEDULE

MAY 4-10

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am							
7 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
8 am					OPEN GYM		
9 am	BEG/INT PICKLEBALL 8:30-9:30 am		BEG/INT PICKLEBALL 8:30-9:30 am	BEG/INT PICKLEBALL 8:30-9:30 am			
10 am	OPEN PICKLEBALL 9:30-10:30 am	TOT TIME 9:30-10:30 am Y Staff	OPEN PICKLEBALL 9:30-10:30 am	OPEN PICKLEBALL 9:30-10:30 am			
11 am							
12 pm	AOA FOREVER FIT 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-12:00pm Debbie	AOA FOREVER FIT 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-12:00pm Debbie	AOA FOREVER FIT 10:45-11:45pm Maria		
1 pm		CHAIR YOGA 12:00-1:15pm Vandana		CHAIR YOGA 12:00-1:15pm Tracie			
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			
3 pm							
4 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN VOLLEYBALL 3:00-5:00pm
5 pm							
6 pm	YOUTH SPORTS 4:45-8:00pm	YOUTH SPORTS 4:45-8:00pm	YOUTH SPORTS 4:45-8:30pm	YOUTH SPORTS 4:45-8:00pm	YOUTH SPORTS 4:45-8:00pm		
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

MAY 11-17

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am							
7 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
8 am					OPEN GYM		
9 am	BEG/INT PICKLEBALL 8:30-9:30 am		BEG/INT PICKLEBALL 8:30-9:30 am	BEG/INT PICKLEBALL 8:30-9:30 am			
10 am	OPEN PICKLEBALL 9:30-10:30 am	TOT TIME 9:30-10:30 am Y Staff	OPEN PICKLEBALL 9:30-10:30 am	OPEN PICKLEBALL 9:30-10:30 am			
11 am							
12 pm	AOA FOREVER FIT 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-12:00pm Debbie	AOA FOREVER FIT 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-12:00pm Debbie	AOA FOREVER FIT 10:45-11:45pm Maria		
1 pm		CHAIR YOGA 12:00-1:15pm Vandana		CHAIR YOGA 12:00-1:15pm Tracie			
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			
3 pm							
4 pm		OPEN GYM			OPEN GYM		OPEN VOLLEYBALL 3:00-5:00pm
5 pm							
6 pm	OPEN GYM	BASKETBALL PICTURES 4:30-9:00pm	OPEN GYM	OPEN GYM			
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