



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## ALEXANDRIA AREA YMCA

### Gym Schedule Winter 2012

(Subject to change).

Multiple activities are often scheduled in this gym at the same time.

#### During Open Gym...

Please be considerate of others using the same space. Scooters, kick balls and floor hockey equipment are **not** part of open gym programming.

#### Gym Rules

- No Dunking
- No Spitting
- Proper non-marking shoes and attire are required
- Only re-sealable beverage containers are allowed in the gym
- Gym bags and workout gear must be stored in the locker room.
- No vulgar or profane language
- No full-court games during family or open gym times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:00-9:00 AM Open Gym</b>	<b>5:00-9:00 AM Open Gym</b>	5:15a – 6:15a Boot Camp	<b>5:00-9:00 AM Open Gym</b>	<b>5:00-9:00 AM Open Gym</b>	<b>7:00-8AM Open Gym</b>	<b>10:00a-6:00p Open Gym</b>
	9:00-11:00 A Child Care (1/2 gym)	9:00-11:00 Child Care (1/2 gym)	<b>6:15-9:30 AM Open Gym</b>			8:00-11:00 AM Basketball	
		10:00-12:00p Pickup Pickleball	9:30-10:15 Gym & Swim (1/2 gym)	9:00-11:00 Child Care (1/2 gym)	9:00-11:00 Child Care (1/2 gym)	10:00-11:30 AM KinderGym (1/2 Gym)	
	11:00 A-12:30 P KinderGym (1/2 Gym)		11:00 A-12:30 P KinderGym (1/2 Gym)				
	<b>11:00-2:30 P Open Gym</b>		<b>11:00 A-2:30 P Open Gym</b>		<b>1:00-2:30P Open Gym</b>	<b>11:30A-9:00 PM Open Gym</b>	
	2:30-6:00 PM Y-Crusaders (1/2 Gym)	2:30-6:00 PM Y-Crusaders (1/2 Gym)	2:30-6:00 PM Y-Crusaders (1/2 Gym)	3:30-6:00 PM Y-Crusaders (1/2 Gym)	3:30-6:00 PM Y-Crusaders (1/2 Gym)		
	<b>2:30-8:30 PM Open Gym</b>	<b>2:30-8:30 PM Open Gym</b>	<b>2:30-7:30 PM Open Gym</b>	<b>12:30-8:30 PM Open Gym</b>	<b>2:30-9:00 PM Open Gym</b>		
	8:30-10:00 PM Coed Pickup Soccer	8:30-10:00 PM Mens Pickup Basketball	7:30-8:30 PM Womens Pickup Basketball				
			8:30-9:30 PM Mens Pickup Basketball				

### ALEXANDRIA AREA YMCA

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