

GYMNASIUM SCHEDULE

Spring 2

4/28 THRU 6/22

Visit us online at metrowestymca.org

CHILDREN 10YRS OF AGE AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES

MON:	5:00-8:45	ADULT OPEN GYM	FULL GYM
	9:15-10:00	PRESCHOOL OPEN GYM – MEMBERS ONLY	FULL GYM
	10:00-12:15	YOUTH AND FAMILY / GYMNASTICS	½ GYM each
	12:15-2:15	ADULT BASKETBALL	FULL GYM
	2:15-2:45	YOUTH OPEN GYM	FULL GYM
	2:45-7:00	YOUTH OPEN GYM / GYMNASTICS	½ GYM each
	7:00-10:00	***MEN'S BBALL LEAGUE***	FULL GYM
<hr/>			
TUES:	5:00-8:30	ADULT OPEN GYM	FULL GYM
	9:00-9:40	PRESCHOOL OPEN GYM / YOUTH SPORTS	½ GYM each
	9:40-12:15	YOUTH SPORTS / GYMNASTICS	½ GYM each
	12:15-2:15	ADULT OPEN GYM / GYMNASTICS	½ GYM each
	2:15-7:30	YOUTH OPEN GYM / GYMNASTICS	½ GYM each
	7:00-7:30	PUNK ROPE / GYMNASTICS	½ GYM each
	7:30-8:00	PUNK ROPE/YOUTH OPEN GYM	FULL GYM
	8:00-9:45	ADULT OPEN GYM	FULL GYM
<hr/>			
WED:	5:00-8:30	ADULT OPEN GYM	FULL GYM
	8:30-9:00	YOUTH AND FAMILY OPEN GYM / GYMNASTICS	½ GYM each
	9:00-12:15	YOUTH SPORTS / GYMNASTICS	½ GYM each
	12:15-2:15	ADULT BASKETBALL	FULL GYM
	2:15-7:30	YOUTH OPEN GYM / GYMNASTICS	½ GYM each
	7:30-8:30	YOUTH OPEN GYM	FULL GYM
	8:30-9:45	****ADULT OPEN GYM****	FULL GYM
<hr/>			
THURS:	5:00-8:30	ADULT OPEN GYM	FULL GYM
	9:00-9:40	PRESCHOOL OPEN GYM / YOUTH SPORTS	½ GYM each
	9:40-12:00	YOUTH SPORTS / GYMNASTICS	½ GYM each
	12:15-2:15	ADULT OPEN GYM / GYMNASTICS	½ GYM each
	2:15-5:30	YOUTH OPEN GYM / GYMNASTICS	½ GYM each
	5:30-6:30	YOUTH SPORTS / GYMNASTICS	½ GYM each
	6:30-7:30	YOUTH OPEN / GYMNASTICS	½ GYM each
	7:30-9:45	CO/ED VOLLEYBALL LEAGUE	FULL GYM
<hr/>			
FRI:	5:00-9:00	ADULT OPEN GYM	FULL GYM
	9:00-11:15	YOUTH AND FAMIL OPEN GYM / GYMNASTICS	½ GYM each
	11:15-11:50	PRESCHOOL OPEN GYM / YOUTH SPORTS	FULL GYM
	12:15-2:15	ADULT BASKETBALL	FULL GYM
	2:15--6:00	YOUTH OPEN GYM / GYMNASTICS	½ GYM
	6:00-8:00	YOUTH OPEN GYM	FULL GYM
	8:00-9:00	ADULT OPEN GYM	FULL GYM
<hr/>			
SAT:	7:00-8:30	YOUTH & FAMILY	½ GYM each
	8:30-12:00	GYMNASTICS / YOUTH SPORTS	½ Gym each
	12:00-6:45	YOUTH OPEN GYM	FULL GYM
<hr/>			
SUN:	8:00-10:00	YOUTH & FAMILY	FULL GYM
	10:00-12:00	ADULT OPEN GYM	FULL GYM
	12:00-5:15	YOUTH & FAMILY	½ GYM each

GYMNASIUM SCHEDULE IS SUBJECT TO CHANGE PLEASE CALL AHEAD

ADULT = 18 YRS AND OLDER; YOUTH = AGES 11-17 YRS OLD;

FAMILY = ADULT WITH CHILD 10YRS OR YOUNGER

*****Wednesday May 28th Gymnasium will be closed from 7:00PM-10:00PM for Men's B-Ball League make up date *****

