



SOUTHWEST YMCA BIG GYM SCHEDULE

January 5–March 7, 2020

*Times are subject to change for events.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30A	Open Gym 5:15-8:45 am	Open Gym 5:15-12:45 pm	Open Gym 5:15-8:45 am	Open Gym 5:15-8:30 am	Open Gym 5:15-12:00 pm	Open Gym 7:00-8:15 am	
6:00A							
6:30A							
7:00A							
7:30A							
8:00A							
8:30A	Studio Walk 9:00-10:00		Studio Walk 8:45-10:00 am	North Gym: Adult Pickleball 8:30 am-10:30 am		Circuit Class 8:15-9:30 am	
9:00A							
9:30A	South Gym: Gym and Swim 10:30-11:30 am		North Gym: Adult Pickleball 9:30 am-11:30 am	South Gym: Open Gym: 8:30-10:30		Youth Programming 9:30-12:15 pm	
10:00A							
10:30A							
11:00A							
11:30A	North Gym: Open Gym 10:00 am-12:00 pm			Delay the Disease 11:00-12:00 pm			Open Gym 10:00 am-12:30 pm
NOON							
12:30P	Nooners 12:00-2:00 pm	Delay the Disease 1:00-2:00 pm	Nooners 12:00-2:00 pm	Open Gym 12:00-2:00 pm	Nooners 12:00-2:00 pm		
1:00P							
1:30P							
2:00P	Open Gym 2:00-4:00 pm	Open Gym 2:00-4:00 pm	Open Gym 2:00-4:00 pm	Open Gym 2:00-4:00 pm	Open Gym 2:00-4:00 pm	Youth Programming 12:15-4:00 pm	1/2 Gym: Youth Programming 12:30-4:00 pm
2:30P							
3:00P							
3:30P							
4:00P	Open Gym 4:00-5:30 pm	Open Gym 4:00-5:15 pm	Open Gym 4:00-5:30 pm	Open Gym 4:00-5:00 pm	Open Gym 4:00-5:00 pm		
4:30P							
5:00P							
5:30P	South Gym: Family Fitness starts at 6:00 pm	South Gym: Youth Programming 5:30-7:30 pm	Open Gym 5:30-7:30 pm	South Gym: Youth Programming 5:00-6:00 pm	North Gym: Open Gym 5:00-5:45 pm	1/2 Gym: Youth Programming 4:00-6:00 pm	1/2 Gym: Youth Programming 4:00-6:00 pm
6:00P							
6:30P	North Gym: JuiJitSu 5:30-6:30 pm	North Gym: Family Pickleball 5:30-7:45 pm		South Gym: Youth Programming 6:00-7:30 pm	North Gym: JuiJitsu 6:00-7:00 pm	1/2 Gym: Open Gym 4:00 -6:45 pm	1/2 Gym: Open Gym 4:00 -6:45 pm
7:00P							
7:30P	Open Gym 7:30-9:45 pm	Open Gym 7:30-9:45 pm	Open Gym 7:30-9:45 pm	South Gym: Youth Programming 7:30-9:00 pm	North Gym: Open Gym 5:00-8:00 pm		
8:00P							
8:30P							
9:00P							
9:30P							
9:30P							
9:30P	Open Gym 7:30-9:45 pm			North Gym: JuiJitSu 7:00-9:00 pm	Open Gym 8:00-9:45 pm		
8:30P							
9:00P	Open Gym 7:30-9:45 pm			Open Gym 9:00-9:45 pm			
9:30P							



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Gym Rules

- Youth ages 7 and under, must have a guardian (age 19 or older) accompany them in the gym.
- Only Water, in a closed non-glass container, allowed in gym.
- Food must be kept in the lobby. Food is not allowed in the gym.
- Shirts and shoes must be worn at all times.
- Dunking and hanging on the net is not allowed.
- Please respect those around you. Please use appropriate language.
- Nooners Basketball is for adults, 19 and older, to play pick up basketball.