



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# GYMNASIUM Schedule

## November 2017

Main Gymnasium Schedule begins Wednesday, November 1, 2017 and is subject to change.

<b>Monday</b>	9:00-11:00 am <b>Open Gym</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Zumba</b> (East Court)  <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-8:00 pm <b>Open Gym</b> (East & West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Tuesday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Wellness Walk</b> (East & West Court)  9:30-11:30 am <b>Pickleball</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Americettes</b> (West Court)	6:00-8:00 pm <b>Open Gym</b> (East Court)  <b>Americettes</b> (West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Wednesday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Open Gym</b> (East & West Court)  9:30-11:30 <b>Pickleball</b> (East & West Court)	11:00 am-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Zumba</b> (East Court)  <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-8:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Thursday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Wellness Walk</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:15 pm <b>Open Gym</b> (East & West Court)	5:15-6:30 pm <b>Back to the Basics</b> (East Court)  5:15-6:30 pm <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Friday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Open Gym</b> (East & West Court)  9:30-11:30 <b>Pickleball</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-4:00 pm <b>Open Gym</b> (East & West Court)	4:00-6:15 pm <b>Open Gym</b> (East & West Court)	6:15-8:00 pm <b>Open Gym</b> (East Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Saturday</b>	7:00-10:00 am <b>Open Gym</b> (East & West Court)	10:00 am-1:00 pm <b>Jr Cavs Games</b> (East & West Court)	1:00-5:00 pm <b>Open Gym</b> (East & West Court)				
<b>Sunday</b>	1:00-5:00 pm <b>Open Gym</b> (East & West Court)						

**Jr. Cavs Basketball games beginning November 4, 2017**

**3rd & 4th Grade Basketball League games on Saturday mornings, beginning in January.**

**YMCA Building Hours: Mon-Fri: 5am-9pm Sat: 7am-5pm Sun. 1-5pm**



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# GYMNASIUM Schedule

## December 2017

Main Gymnasium Schedule begins Friday, December 1, 2017 and is subject to change.

<b>Monday</b>	9:00-11:00 am <b>Open Gym</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Zumba</b> (East Court)  <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-8:00 pm <b>Open Gym</b> (East & West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Tuesday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Wellness Walk</b> (East & West Court)  9:30-11:30 am <b>Pickleball</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Americettes</b> (West Court)	6:00-8:00 pm <b>Open Gym</b> (East Court)  <b>Americettes</b> (West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Wednesday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Open Gym</b> (East & West Court)  9:30-11:30 <b>Pickleball</b> (East & West Court)	11:00 am-5:00 pm <b>Open Gym</b> (East & West Court)	5:00-6:00 pm <b>Zumba</b> (East Court)  <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-8:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Thursday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Wellness Walk</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-5:15 pm <b>Open Gym</b> (East & West Court)	5:15-6:30 pm <b>Back to the Basics</b> (East Court)  5:15-6:30 pm <b>Open Gym</b> (West Court)	6:00-7:00 pm <b>Jr Cavs Practice</b> (East Court)  <b>Open Gym</b> (West Court)	7:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Friday</b>	5:30-9:00 am <b>Open Gym</b> (East & West Court)	9:00-11:00 am <b>Open Gym</b> (East & West Court)  9:30-11:30 <b>Pickleball</b> (East & West Court)	11:00 am-12:15 pm <b>Open Gym</b> (East & West Court)	12:15-4:00 pm <b>Open Gym</b> (East & West Court)	4:00-6:15 pm <b>Open Gym</b> (East & West Court)	6:15-8:00 pm <b>Open Gym</b> (East Court)	8:00-9:00 pm <b>Open Gym</b> (East & West Court)
<b>Saturday</b>	7:00-10:00 am <b>Open Gym</b> (East & West Court)	10:00 am-1:00 pm <b>Jr Cavs Games</b> (East & West Court)	1:00-5:00 pm <b>Open Gym</b> (East & West Court)				
<b>Sunday</b>	1:00-5:00 pm <b>Open Gym</b> (East & West Court)						

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