



WILSON-GRAY YMCA YOUTH & FAMILY CENTER GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 241 9622

www.wilsongrayYMCA.org

Winter One 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT BASKETBALL 5:00-8:00AM	ADULT BASKETBALL 5:00-8:00AM	ADULT BASKETBALL 5:00-8:00AM	ADULT BASKETBALL 5:00-8:00AM	ADULT BASKETBALL 5:00-8:00AM	YBL 10AM-12PM	Travel Basketball Open Gym Volleyball
OPEN GYM 8:00-11:00AM	OPEN GYM 8:00-11:00AM	OPEN GYM 8:00-11:00AM	OPEN GYM 8:00-11:00AM	H.I.I.T. 9:00-10:00AM	12:30-6PM Travel Basketball Games OPEN GYM	12 pm-6pm
ADULT BASKETBALL 11:00AM-2:00PM	ADULT BASKETBALL 11:00AM-2:00PM	ADULT BASKETBALL 11:00AM-2:00PM	ADULT BASKETBALL 11:00AM-2:00PM	ADULT BASKETBALL 11:00AM-2:00PM		
FUTURES SPORTS PROGRAM 12:30-2:15PM HALF COURT	FUTURES SPORTS PROGRAM 12:30-2:15PM HALF COURT	FUTURES SPORTS PROGRAM 12:30-2:15PM HALF COURT	FUTURES SPORTS PROGRAM 12:30-2:15PM HALF COURT	FUTURES SPORTS PROGRAM 12:30-2:15PM HALF COURT		
OPEN GYM 2:00-4:00PM	OPEN GYM 2:00-4:00PM	OPEN GYM 2:00-4:00PM	OPEN GYM 2:00-4:00PM	OPEN GYM 2:00-4:00PM		
Pre-Teen 4pm-4:45pm Teen Time 4:45-5:30pm	Pre-Teen 4pm-4:45pm Teen Time 4:45-5:30pm	Pre- Teen/Teen time 4:00-5:50 pm	Pre- Teen/Teen time 4:00-5:50 pm	Pre- Teen/Teen Time 4:00-5:30 PM		
Travel BASKETBALL Boys PRACTICE 5:30-7PM BOYS PRACTICE 7PM-8:30 PM	Travel BASKETBALL 5th Grade Boys 5:30-7PM Girls Practice 7:00 PM-8:30	ZUMBA 6PM-7PM Friday Night Madness 7:15-9:15PM	ZUMBA 6PM-7PM CO-ED VOLLEYBALL 7:00-9:30PM	5th Grade Boys Practice 5:30-7:00PM Friday Night Madness 7:15-9:15PM		
OPEN GYM 8:30-9PM	Open Gym 8:30 pm -9pm					

IMPORTANT INFORMATION

No food or drinks allowed in the gymnasium. Capped water bottles only.
No profanity arguing or fighting.

Please be respectful of the schedule and sharing of court space.

If you choose not to abide by these guidelines, membership privileges may be revoked.

SCHEDULE NOTES

*There may be birthday parties or basketball games scheduled. Please call ahead.

The gym schedule is subject to change as programs develop.

See additional postings for special events.