

JAMESTOWN YMCA GYM SCHEDULE MARCH 2010

GYM SCHEDULE MAY CHANGE ACCORDING TO PROGRAM NEEDS.
ALWAYS CALL AHEAD OR CHECK AT THE WELCOME DESK FOR ANY CHANGES.

*** Woman's Basketball league starting March 18***

LOWER GYM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>Sunday</u>
6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:00 AM Open Rec	1:00 - 5:00 PM Open Rec
9:30 AM-12:00 Open Rec	9:30 AM-12:00 Open Rec	9:30 AM -12:00 Open Rec	9:30 AM-12:00 Open Rec	9:30 AM-12:00 Open Rec	9:00 AM-3:00 PM YBL	
12:00-1:30 PM Noon Basket- ball	12:00-3:00 PM Open Rec	12:00-1:30 PM Noon Basket- ball	12:00-3:00 PM Open Rec	12:00-1:30 PM Noon Basketball	3:00-9:00 PM Rentals	
1:30-6:00 PM Open Rec		1:30-6:00 PM Open Rec		1:30-3:00 PM Open Rec		
	3:00-6:00 PM Open Rec		3:00-6:00 PM Open Rec	3:00-6:00 PM YCare		
6:00-10:00 PM Volleyball League	6:00-10:00 PM Open Rec	6:00-10:00 PM YBL Practice	6:00-10:00 PM Women's Basketball League	6:00-10:00 PM Open Rec		

UPPER GYM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:00 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:30 AM Open Rec	6:00-9:00 AM Open Rec	1:00 - 5:00 PM Open Rec
9:30-10:30 AM SilverSneakers @ Muscular Strength	9:30 AM-1:30 PM Open Rec	9:30-10:30 AM SilverSneakers @ Muscular Strength	9:30 AM-10:45 aM Open Rec	9:30-10:30AM SilverSneakers@ Yoga Stretch	9:00 AM-3:00 PM YBL	
10:30 AM-12:00 PM Open Rec		10:30 AM-12:00 PM Open Rec	10:45-11:30 AM Intro to Sports	10:30 AM-12:00 PM Open Rec		
12:00-1:30 PM Noon Basketball		12:00-1:30 PM Noon Basketball	11:30 - 4:00 Open Rec	12:00-1:15 PM Noon Basketball		
1:30-6:00 PM Open Rec	1:30-6:00 PM Open Rec	1:30-5:00 PM Open Rec	4:00 -5:30 PM Zumba	1:15-2:00 PM Intro to Sports	3:00-9:00 PM Rentals	
6:00-10:00 PM YBL Practice	6:00-10:00 PM YBL Practice	5:00-10:00 PM Teen Rec	6:00 -10:00 PM Men's Basketball League	2:00-10:00 PM Teen Rec		