



Spring Gym Schedule (Effective 4/1/08)

We build strong kids, strong families, strong communities.

***Subject to change without notice.

Time (+29min)/ Court	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																			
	1	2	1	2	1	2	1	2	1	2	1	2	1	2																		
5:00 AM					OPEN GYM				OPEN GYM																							
5:30 AM																																
6:00 AM																																
6:30 AM																																
7:00 AM																																
7:30 AM																																
8:00 AM																																
8:30 AM			OPEN GYM		Silver Sneakers		OPEN GYM		Silver Sneakers		OPEN GYM		OPEN GYM YOUTH/FAMILY																			
9:00 AM																																
9:30 AM																																
10:00 AM					OPEN GYM				OPEN GYM																							
10:30 AM																																
11:00 AM									PreK																							
11:30 AM																																
Noon					YOUNG LIFE																											
12:30 PM			ADULT PICKUP				ADULT PICKUP				ADULT PICKUP																					
1:00 PM	ADULT PICKUP								OPEN GYM																							
1:30 PM	YOUTH/FAMILY				OPEN GYM																											
2:00 PM			OPEN GYM				OPEN GYM				OPEN GYM																					
2:30 PM																																
3:00 PM	OPEN GYM		VOLLEYBALL CLINIC/PICK-UP		AFTER SCHOOL PROGRAM		AFTER SCHOOL PROGRAM		AFTER SCHOOL PROGRAM		AFTER SCHOOL PROGRAM		AFTER SCHOOL PROGRAM		AFTER SCHOOL PROGRAM																	
3:30 PM																																
4:00 PM																																
4:30 PM																																
5:00 PM																	YOUTH PICKUP		ASDC		MSAS		ASDC		YOUTH PICKUP		ASDC		YOUTH PICKUP		ASDC	
5:30 PM																			OPEN GYM						YOUTH PICKUP		OPEN GYM		YOUTH PICKUP		OPEN GYM	
6:00 PM																			ADULT PICKUP		OPEN GYM		OPEN GYM		YOUTH/FAMILY		ADULT PICKUP		OPEN GYM		YOUTH PICKUP	
6:30 PM																																
7:00 PM																																
7:30 PM					ADULT PICKUP		YOUTH/FAMILY		ADULT PICKUP		YOUTH/FAMILY		ADULT PICKUP																			
8:00 PM																																
8:30 PM																																
9:00 PM	CLOSED																															

OPEN GYM: Designed for shooting **ONLY**, Children under 12 must have a parent in the building.

YOUTH/FAMILY: Designed for youth and families to shoot (not full-court pick-up).

ADULT PICK-UP: When numbers indicate, pick-up games will be started. (Ages 18+)

YOUTH PICK-UP: When numbers indicate, pick-up games will be started. (Ages 17 & Under)

VOLLEYBALL CLINIC/PICK-UP: See posted schedule in gym for additional age/experience details.

SILVER SNEAKERS: Tuesdays & Thursdays 8:00am-9:15am (Court Two)

***Please be aware of posted special events scheduled in the gym.

Chapel Hill-Carrboro YMCA 980 MLK Jr. Blvd. Chapel Hill, NC 27514 919-442-9622

