

Chapel Hill-Carrboro YMCA

Winter Gym Schedule (Effective 1/2/2012)

Subject to change without notice. Watch for posted event details.

Day/Court Time (+14min)	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Day/Court Time (+14min)
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OPEN GYM: Designed for shooting **ONLY**, Children under 12 must be supervised by a parent/guardian.
YOUTH/FAMILY: Designed for youth and families to shoot (no full-court pick-up).
ADULT PICK-UP ("P/U"): When numbers indicate, pick-up games will be started. (Ages 18+, unless noted as 35+)
YOUTH PICK-UP ("P/U"): When numbers indicate, pick-up games will be started. (Ages 17 & Under)
VOLLEYBALL CLINIC/PICK-UP ("P/U"): See posted schedule in gym for additional age/experience details.
SILVER SNEAKERS: Tuesdays & Thursdays 8:15am-9:15am (Court Two) & YOGA Wednesdays 9:30am-10:15am
*****Please be aware of posted special events scheduled in the gym.**

