



# GET HEALTHY WITH HOOPS

## J DOUGLAS WILLIAMS YMCA WINTER 2018 GYM SCHEDULE (JANUARY 8 -MARCH 3)



Schedule subject to change	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 – 6:00am	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Y Closed		Y Closed (Opens at 12:00PM)	
6:00 – 7:00am	Adult 5v5 Full Court Pickup		Adult 5v5 Full Court Pickup		Adult 5v5 Full Court Pickup		Adult 5v5 Full Court Pickup		Adult 5v5 Full Court Pickup					
7:00– 8:00am														
8:00– 9:30am	Family Play	Family Play	Family Play	Family Play	Family Play	Family Play	Family Play	Family Play	Family Play	Family Play	Adult 5 on 5 Full Court Pickup (8:00–9:30)		Youth League (9:30–ON)	
9:30– 10:00AM	Zumba		Insanity	Kid's Club	Zumba		Boot Camp		Boot Camp					
10:30– 12:00pm	Boot Camp		Zumba	Boot Camp	Open Play		Open Play							
12:00– 1:00pm	4v4 Pickup	Family & Teen Play 3v3 only	Open Play	4v4 Pickup	Open Play	4v4 Pickup	Family & Teen Play 3v3 only	4v4 Pickup	Family & Teen Play 3v3 only	Family & Teen Play 3v3 only	4v4 Pickup	Youth League (9:30–ON)	Open Play	4 v4 Cross court Pickup
1:00– 2:00pm														
2:00– 3:00pm														
3:00– 4:00pm														
4:00– 5:00pm														
5:00– 6:00pm														
6:00– 7:00pm	Youth League Practice (6:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (5:30–Close)	Youth League Practice (6–Close)	Y Closes at 5:00	Y Closes at 5:00
7:00– 8:00pm														
8:00– 9:00pm	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play

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Strengthening the Foundation of Our Community

Schedule subject to change without notice. Contact Peter Dawry, Sports Director at Pdawry@cfymca.org with any inquiries