



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

September 25 - November 5

SUN	MON	TUES	WED	THUR	FRI	SAT
	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	
	7:00-11:30 ADULT	7:00-9:00 ADULT	7:00-11:30 ADULT	7:00-9:00 ADULT	7:00-9:00 ADULT	8:00-4:45PM OPEN GYM
	HALF GYM reserved from 9:00-10:00 for Family Fitness Hour	9:00-11:30 PICKLEBALL		9:00-11:30 PICKLEBALL	9:00-11:30 PICKLEBALL	
	11:30-1:30 ADULT B-BALL	11:30-2:00 ADULT	11:30-1:30 ADULT B-BALL	11:30-1:30 ADULT	11:30-1:30 ADULT B-BALL	
12:00-4:30 OPEN GYM	1:30-5:30 OPEN GYM	2:00-2:30 HOME SCHOOL		2:30-5:00 OPEN GYM		
4:30-8:00 JUNIOR VOLLEYBALL LEAGUE	5:30-9:00 ADULT VOLLEYBALL LEAGUE	2:30-8:15 OPEN GYM	2:30-8:15 OPEN GYM	5:00-8:00 JUNIOR VOLLEYBALL PRACTICE	2:30-8:15 OPEN GYM	YMCA CLOSSES AT 5:00 PM
** BUILDING CLOSSES @ 5pm FOR ALL OTHER ACTIVITIES **		**1/2 GYM RESERVED FROM 6:00-7:00 FOR Jr VOLLEYBALL PRACTICE**				
		8:15-8:45 ADULT	8:15-8:45 ADULT	8:00-8:45 ADULT	8:15-8:45 ADULT	

- The gym closes 15 minutes before building closes.
- The Gym is closed to youth after 8:15pm, M-TH
- Youth not allowed in the building until 1:30pm, M-F unless participating in a youth program, or in possession of a Teen Training Pass.

SHADED SECTIONS ARE RESERVED FOR THOSE PARTICIPATING IN THE LISTED EVENT

Superior Douglas County Family YMCA
9 N 21st Street, Superior, WI 54880
715-392-5611
www.superiorymca.org

Contact **Jon Reimer** at jreimer@superiorymca.org for any specific gym scheduling questions you might have.

HALF Gym rentals are available upon request.