



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANUARY GYM SCHEDULE

SUN	MON	TUES	WED	THUR	FRI	SAT
	5:30-11:30 ADULT	5:30-9:00 ADULT	5:30-6:45 BOOT CAMP	5:30-6:45 INTERVAL MIX	5:30-10:00 ADULT	8:00-9:30 OPEN GYM
		9:00-11:30 PICKLEBALL &/or ADULT	6:45-11:30 ADULT	6:45-9:00 ADULT		
		10:00-5:00 OPEN GYM	11:30-1:30 ADULT B-BALL PICK-UP GAMES	11:30-1:30 ADULT	11:30-1:30 ADULT B-BALL PICK-UP GAMES	11:30-1:30 ADULT
	1:30-5:30 OPEN GYM	1:30-2:30 HOMESCHOOL	1:30-8:45 OPEN GYM	1:30-5:00 OPEN GYM	1:30-6:00 OPEN GYM	1:30-5:00 OPEN GYM
YMCA CLOSSES AT 5:00 PM	5:30-9:00  ADULT VOLLEYBALL LEAGUE  BEGINS JAN 21	2:30-8:45 OPEN GYM		5:00-8:00 YOUTH BASKETBALL LEAGUE	6:00-9:00 FRIDAY NIGHT HOOPS  BEGINS JAN 25	8:00-8:45 OPEN GYM

- The gym closes 15 minutes before building closes.
- **PLEASE! For the safety of all, NO WET SHOES ON GYM FLOOR.**
- Youth are not allowed in the building until 1:30 on weekdays 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**  
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Contact **Jon Reimer** at [jreimer@superiorymca.org](mailto:jreimer@superiorymca.org)  
for all gym scheduling questions.