



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NOVEMBER GYM SCHEDULE

OCTOBER 29 - DECEMBER 2

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	
	7:00-10:00 ADULT					
	10:00-11:00 FAMILY FITNESS		7:00-11:30 ADULT		7:00-11:30 ADULT	
	11:00-11:30 ADULT	7:00-1:30 ADULT		7:00-1:30 ADULT		
	11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES	
12:00-3:30 OPEN GYM						8:00-4:45 OPEN GYM
3:30-6:00 YOUTH V-BALL LEAGUE last day is 11-18	1:30-5:30 OPEN GYM	1:30-2:30 HOMESCHOOL		1:30-5:00 OPEN GYM		
		2:30-5:00 OPEN GYM				
		5:00-7:30 YOUTH SPORTS last day is 11-13	1:30-8:15 OPEN GYM	5:00-7:30 YOUTH SPORTS last day is 11-15	1:30-8:15 OPEN GYM	
YMCA CLOSSES AT 5:00 PM	5:30-9:00 ADULT VOLLEYBALL LEAGUE	7:30-8:15 OPEN GYM		7:30-8:15 OPEN GYM		YMCA CLOSSES AT 5:00 PM
		8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 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.