



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NOV-DEC GYM SCHEDULE

NOVEMBER 19 - DECEMBER 18

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	8:00-4:45 OPEN GYM
	7:00-10:00 ADULT	7:00-9:00 ADULT	7:00-11:30 ADULT	7:00-9:00 ADULT	7:00-9:00 ADULT	
	10:00-11:00 FAMILY FITNESS	9:00-11:30 PICKLEBALL		9:00-11:30 PICKLEBALL	9:00-11:30 PICKLEBALL	
	11:00-11:30 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	
	12:00-4:45 OPEN GYM	1:30-5:30 OPEN GYM	1:30-2:30 HOMESCHOOL	1:30-8:45 OPEN GYM	1:30-8:45 OPEN GYM	
YMCA CLOSSES AT 5:00 PM	5:30-9:00 ADULT VOLLEYBALL LEAGUE	2:30-8:45 OPEN GYM	1:30-8:45 OPEN GYM	1:30-8:45 OPEN GYM	1:30-8:45 OPEN GYM	YMCA CLOSSES AT 5:00 PM

- The gym closes 15 minutes before building closes.
- PLEASE! For the safety of all, NO WET SHOES ON GYM FLOOR.
- Youth 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
 9 N 21st Street, Superior, WI 54880
 715-392-5611
www.superiorymca.org

Contact Jon Reimer at jreimer@superiorymca.org for all gym scheduling questions.