



BIG GYM SCHEDULE

We build strong kids, strong families, strong communities.

Hampton Family YMCA
OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Indoor Soccer League	2-Oct 8am-5pm Family Gym
3-Oct Gym closed for floor resurfacing	4-Oct 6am-9am/3pm-6pm School Age 6pm-10pm Family Gym	5-Oct 6am-9am/3pm-6pm School Age 6-8pm Adult Women's Volleyball League 8pm-9:45pm Adult Basketball	6-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Coed Volleyball League	7-Oct 6am-9am/3pm-6pm School Age 6pm-8pm Family Gym 8pm-9:45pm Adult Basketball	8-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Indoor Soccer League	9-Oct 8am-5pm Family Gym
10-Oct 1p-5p Family Gym	11-Oct 6am-9am/3pm-6pm School Age 6pm-10pm Family Gym	12-Oct 6am-9am/3pm-6pm School Age 6-8pm Adult Women's Volleyball League 8pm-9:45pm Adult Basketball	13-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Coed Volleyball League	14-Oct 6am-9am/3pm-6pm School Age 6pm-8pm Family Gym 8pm-9:45pm Adult Basketball	15-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Indoor Soccer League	16-Oct 8am-5pm Family Gym
17-Oct 1p-5p Family Gym	18-Oct 6am-9am/3pm-6pm School Age 6pm-10pm Family Gym	19-Oct 6am-9am/3pm-6pm School Age 6-8pm Adult Women's Volleyball League 8pm-9:45pm Adult Basketball	20-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Coed Volleyball League	21-Oct 6am-9am/3pm-6pm School Age 6pm-8pm Family Gym 8pm-9:45pm Adult Basketball	22-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Indoor Soccer League	23-Oct 8am-5pm Family Gym
24-Oct 1p-5p Family Gym	25-Oct 6am-9am/3pm-6pm School Age 6pm-10pm Family Gym	26-Oct 6am-9am/3pm-6pm School Age 6-8pm Adult Women's Volleyball League	27-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Coed Volleyball League	28-Oct 6am-9am/3pm-6pm School Age 6pm-8pm Family Gym 8pm-9:45pm Adult Basketball	29-Oct 6am-9am/3pm-6pm School Age 6-10pm Adult Indoor Soccer League	30-Oct 8am-5pm Family Gym
31-Oct 1p-5p Family Gym						

Gym rules apply during Family Gym time.



SMALL GYM SCHEDULE

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Hampton Family YMCA
OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	2-Oct 9:30-11:30am Taekwondo 11:30am-5pm Family Gym
3-Oct 1-5pm Family Gym	4-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	5-Oct 6am-9am/3pm-6pm School Age 6:30-8pm Taewresdo 8-10pm Family Gym	6-Oct 6am-9am/3pm-6pm School Age 6-8pm Taekwondo 8-10pm Family Gym	7-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	8-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	9-Oct 9:30-11:30am Taekwondo 11:30am-5pm Family Gym
10-Oct 1-5pm Family Gym	11-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	12-Oct 6am-9am/3pm-6pm School Age 6:30-8pm Taewresdo 8-10pm Family Gym	13-Oct 6am-9am/3pm-6pm School Age 6-8pm Taekwondo 8-10pm Family Gym	14-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	15-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	16-Oct 9:30-11:30am Taekwondo 11:30am-5pm Family Gym
17-Oct 1-5pm Family Gym	18-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	19-Oct 6am-9am/3pm-6pm School Age 6:30-8pm Taewresdo 8-10pm Family Gym	20-Oct 6am-9am/3pm-6pm School Age 6-8pm Taekwondo 8-10pm Family Gym	21-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	22-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	23-Oct 9:30-11:30am Taekwondo 11:30am-5pm Family Gym
24-Oct 1-5pm Family Gym	25-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	26-Oct 6am-9am/3pm-6pm School Age 6:30-8pm Taewresdo 8-10pm Family Gym	27-Oct 6am-9am/3pm-6pm School Age 6-8pm Taekwondo 8-10pm Family Gym	28-Oct 6am-9am/3pm-6pm School Age 6-10pm Family Gym	29-Oct 6am-9am/3pm-6pm School Age 6:30-8:00 Fall Festival	30-Oct 9:30-11:30am Taekwondo 11:30am-5pm Family Gym
31-Oct 1-5pm Family Gym						
Gym rules apply during Family Gym time.						
A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693				Revised Date: 10/4/2010		