



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

LUTER FAMILY YMCA

May-2012

A = Side A (Near Group Ex Studio)  
B = Side B  
FC = Full Court (gym curtain raised)  
Family Time = No cross-court basketball

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>2</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:00 pm FC Adult Basketball 6:00-9:45 pm	<b>3</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>4</b> A&B: Open Gym 5:30-9:45 am B: Interval 9:45-10:30 am A&B: Open Gym 10:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A&B: Open Gym 1:00-7:00 pm A: Open Gym 7:00-9:00 pm B: IGNITE 7:00 - 8:00 pm	<b>5</b> A: Open Gym B: Family Time 8:00 am-12:00 pm A&B: Open Gym 12:00-4:45 pm
<b>6</b> A: Open Gym B: Family Time 1:00-3:00 pm FC Basketball 3:00-5:30 pm Gym Closing at 5:30 pm	<b>7</b> A: Open Gym B: Camp 5:30 am-12:00 pm B: Silver Sneakers 8:00-9:00 am FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Camp 1:00-6:00 pm B: Tumbling 6:30-7:30 pm A&B: Open Gym 7:30-9:45 pm	<b>8</b> A: Open Gym B: Camp 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Camp 1:00-6:00 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>9</b> A: Open Gym B: Camp 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Camp 1:00-6:00 pm FC Adult Basketball 6:00-9:45 pm	<b>10</b> A: Open Gym B: Camp 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Camp 1:00-6:00 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>11</b> A: Open Gym B: Camp 5:30-9:45 am B: Interval 9:45-10:30 am FC Smithfield B'ball 12:00-1:00 pm A: Open Gym 1:00-9:45 pm B: Camp 1:00-6:00 pm B: IGNITE 7:00-8:00 pm	<b>12</b> A: Open Gym B: Family Time 8:00 am-12:00 pm A&B: Open Gym 12:00-4:45 pm
<b>13</b> A: Open Gym B: Family Time 1:00-3:00 pm FC Basketball 3:00-5:45 pm	<b>14</b> A&B: Open Gym 5:30-8:00 am A: Open Gym B: Silver Sneakers 8:00-9:00 am FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-5:30 pm B: Tumbling 5:30-7:30 pm A&B: Open Gym 7:30-9:45 pm	<b>15</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>16</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:00 pm FC Adult Basketball 6:00-9:45 pm	<b>17</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>18</b> A&B: Open Gym 5:30-9:45 am B: Interval 9:45-10:30 am A&B: Open Gym 10:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A&B: Open Gym 1:00-7:00 pm A: Open Gym 7:00-9:00 pm B: IGNITE 7:00 - 8:00 pm	<b>19</b> A: Open Gym B: Family Time 8:00 am-1:00 pm FC: Zumbathon 1:00-3:00 pm A&B: Open Gym 3:00-4:45 pm
<b>20</b> A: Open Gym B: Family Time 1:00-3:00 pm FC Basketball 3:00-5:45 pm	<b>21</b> A&B: Open Gym 5:30-8:00 am A: Open Gym B: Silver Sneakers 8:00-9:00 am FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-5:30 pm B: Tumbling 5:30-7:30 pm A&B: Open Gym 7:30-9:45 pm	<b>22</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>23</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:00 pm FC Adult Basketball 6:00-9:45 pm	<b>24</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>25</b> A&B: Open Gym 5:30-9:45 am B: Interval 9:45-10:30 am A&B: Open Gym 10:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A&B: Open Gym 1:00-7:00 pm A: Open Gym 7:00-9:00 pm B: IGNITE 7:00 - 8:00 pm	<b>26</b> A: Open Gym B: Family Time 8:00 am-12:00 pm A&B: Open Gym 12:00-4:45 pm
<b>27</b> A: Open Gym B: Family Time 1:00-3:00 pm FC Basketball 3:00-5:45 pm	<b>28</b> YMCA Closed for Memorial Day	<b>29</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm	<b>30</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:00 pm FC Adult Basketball 6:00-9:45 pm	<b>31</b> A&B: Open Gym 5:30 am-12:00 pm FC Smithfield B'ball 12:00-1:00 pm A: Open Gym B: Family Time 1:00-6:15 pm FC: Zumba 6:15-7:45 pm FC: Pick-up B'ball 7:45-9:45pm		

Last Revised:

4/30/2012

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A branch of the Peninsula Metropolitan YMCA