



Gym Schedule

Northern Neck Family YMCA

If weather is inclement, schedule subject to change

| Time | Court Side | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---------------|------------|----------------|----------------|----------------|----------------|---------------------|---------------------|--------------------|----------------|
| 5:30-6:00am | 1 | Open | Open | Open | Open | Open | | | |
| | 2 | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | | | |
| 6:00-7:00am | 1 | Open | Open | Open | Open | Open | | | |
| | 2 | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | | | |
| 7:00-8:00am | 1 | Open | Open | Open | Open | Open | | | |
| | 2 | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | | | |
| 8:00-9:00am | 1 | Open | Open | Open | Open | Open | | | Open |
| | 2 | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | | | Youth & Family |
| 9:00-10:00am | 1 | Open | Open | Open | Open | Open | | | Open |
| | 2 | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | | | Youth & Family |
| 10:00-11:00am | 1 | Open | Open | Open | Open | Open | | | Open |
| | 2 | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | | | Pickleball |
| 11:00a-12:00p | 1 | Open | Open | Open | Open | Open | | | Open |
| | 2 | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | | | Pickleball |
| 12:00-1:00pm | 1 | Open | Open | Open | Open | Open | Open | Gym opens at 1:00 | |
| | 2 | Youth & Family | Home School | Youth & Family | Youth & Family | Youth & Family | Pickleball | | |
| 1:00-2:00pm | 1 | Open | Open | Open | Open | Open | Open | Open | |
| | 2 | Youth & Family | Home School | Youth & Family | Youth & Family | Youth & Family | Pickleball | Youth & Family | |
| 2:00-3:00pm | 1 | Open | Open | Open | Open | Open | Open | Open | |
| | 2 | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | |
| 3:00-4:00pm | 1 | Open | Open | Open | Open | Open | Open | Open | |
| | 2 | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | Youth & Family | |
| 4:00-5:00pm | 1 | Open | Afterschool | Open | Open | Open | Gym closes at 4:45. | Gym closes at 4:45 | |
| | 2 | Afterschool | Gymnastics | Afterschool | Afterschool | Afterschool | | | |
| 5:00-6:00pm | 1 | Open | Afterschool | Afterschool | Open | Open | | | |
| | 2 | Afterschool | Gymnastics | Pickleball | Afterschool | Afterschool | | | |
| 6:00-7:00pm | 1 | Open | Open | Open | Open | Open | | | |
| | 2 | Youth & Family | Gymnastics | Pickleball | Youth & Family | Youth & Family | | | |
| 7:00-8:00pm | 1 | Open | Open | Open | Open | Gym closes at 6:45. | | | |
| | 2 | Youth & Family | Youth & Family | Pickleball | Youth & Family | | | | |

Gym closes at 7:45. Gym closes at 7:45. Gym closes at 7:45. Gym closes at 7:45.

A branch of the Peninsula Metropolitan YMCA

Revised: 8/26/10

Note: Court 2 is closest to the rear of the building.

Youth and Family Time:

1. There are no pick up games allowed during scheduled Youth and Family time.
2. Children age 10-15 years may be in the gym without a parent or guardian.
3. Children 9 and under must be in the gym with a parent/guardian 18 or older.
4. All other gym rules apply.