



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	Gym opens at 8:00.		
	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			Youth Basketball
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family			Youth Basketball
8:00-9:00am	1	Open	Open	Open	Open	Open			Youth Basketball
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family			Youth Basketball
9:00-10:00am	1	Open	Open	Open	Open	Open			Youth Basketball
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family			Youth Basketball
10:00-11:00am	1	Open	Open	Open	Open	Open			Youth Basketball
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family			Youth Basketball
11:00a-12:00p	1	Open	Open	Open	Open	Open			Youth Basketball
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family			Youth Basketball
12:00-1:00pm	1	Open	Open	Open	Open	Open	Youth Basketball		
	2	Youth & Family	Home School	Youth & Family	Youth & Family	Youth & Family	Youth Basketball	Gym opens at 4:00	
1:00-2:00pm	1	Open	Open	Open	Open	Open	Youth Basketball	Open	
	2	Youth & Family	Home School	Youth & Family	Youth & Family	Youth & Family	Youth Basketball	Youth & Family	
2:00-3:00pm	1	Open	Open	Open	Open	Open	Youth Basketball	Open	
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth Basketball	Youth & Family	
3:00-4:00pm	1	Open	Open	Open	Open	Open	Youth Basketball	Open	
	2	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth & Family	Youth Basketball	Youth & Family	
4:00-5:00pm	1	Open	Afterschool	Open	Open	Open	Gym closes at 4:30.	Gym closes at 4:00	
	2	Afterschool	Gymnastics	Afterschool	Afterschool	Afterschool			
5:00-6:00pm	1	Youth Basketball	Afterschool	Youth Basketball	Youth Basketball	Youth Basketball			
	2	Afterschool	Gymnastics	Afterschool	Afterschool	Afterschool			
6:00-7:00pm	1	Open	Open	Youth Basketball	Open	Open			
	2	Youth Basketball	Gymnastics	Cheerleading	Youth Basketball	Youth Basketball			
7:00-8:00pm	1	Open	Open	Open	Open	Gym closes at 6:30.			
	2	Youth Basketball	Youth & Family	Youth Basketball	Youth Basketball				
		Gym closes at 7:30.	Gym closes at 7:30.	Gym closes at 7:30.	Gym closes at 7:30.				

A branch of the Peninsula Metropolitan YMCA

Revised: 2/22/10

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.