



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE

R. F. WILKINSON FAMILY YMCA

January 2012

\*Schedule subject to change

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.- 8:00 a.m.	OPEN	OPEN	OPEN	OPEN	OPEN		
8:00 a.m.- 9:00 a.m.	CLOSED for School Age 7:00 - 8:45	CLOSED for School Age 7:00 - 8:45	CLOSED for School Age 7:00 - 8:00	CLOSED for School Age 7:00 - 8:45	CLOSED for School Age 7:00 - 8:45		
9:00 a.m. - 10:00 a.m.	OPEN	OPEN	Body Design 8:30-9:20 Michelle	OPEN		OPEN	
10:00 a.m. - 11:00 a.m.	Rolling w/ Strollers 9:30 - 10:30		OPEN				
11:00 a.m.- 12:00 p.m.	Preschool Gymnastics 10:30 - 11:15	Parent/Child Soccer 10:30 - 11:15	Core Strength 10:30 - 11:20 Clairissa	Parent/Child T-Ball 10:30 - 11:15	OPEN	Cheerleading 10:30-11:15	
12:00 p.m. - 1:00 p.m.	OPEN	OPEN	OPEN	OPEN		Basketball 1 11:30 - 12:15	
1:00 p.m. - 2:00 p.m.		Home-School PE 1:00 - 2:00		Home-School PE 1:00 - 2:00		Futsal Soccer 1 12:30 - 1:15	
2:00 p.m. - 3:00 p.m.		OPEN		OPEN		OPEN	OPEN
3:00 p.m. - 4:00 p.m.							OPEN
4:00 p.m. 5:00 p.m.	CLOSED for School Age 4:00 - 6:00	CLOSED for School Age 4:00 - 6:00	Basketball 2 4:45 - 5:15	CLOSED for School Age 4:00 - 6:00	CLOSED for School Age 4:00 - 6:00		
5:00 p.m. 6:00 p.m.			Futsal Soccer 2 5:30 - 6:15				
6:00 p.m. 7:00 p.m.	Circuit Training 6:30-7:30	Youth Watch Activities 6:00-8:00	Circuit Training 6:30-7:30	Youth Watch Activities 6:00-8:00	Open		
7:00 p.m. - 8:00 p.m.	Lynann	Youth Watch Activities 6:00-8:00	Lynann	Youth Watch Activities 6:00-8:00			
8:00 p.m. - 9:00 p.m.	OPEN	OPEN	OPEN	OPEN			
9:00 p.m. - 10:00 p.m.							

Open: Open Gym for All Members  
During York County and WJCC school closings, the gym may be closed for School Age activities.  
The gym may be closed on Saturday and Sunday from the hours of 1:00 - 4:00 for Birthday Parties

**It is recommended that you consult your physician prior to starting any exercise program.**

301 Sentara Circle, Williamsburg, VA 23188 757 229 9622

A branch of Peninsula Metropolitan YMCA

Revised Date:

1/6/2012