



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE - SIDE 1

VICTORY FAMILY YMCA

February-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.	Open	Group Ex (9:00 - 9:30 AM)	Open	Open	Open	Open	
9:00 a.m. - 10:00 a.m.	Gymnastic* (Set-up 9:30AM)	Gymnastic* (Set-up 9:30AM)	Open	Open	Open	Open	
10:00 a.m. - 11:00 a.m.	Gymnastics*	Gymnastics*	Parent/Child Soccer *	T-Ball* (10:00 AM)	Open	YSS Basketball*	
11:00 a.m.- 12:00 p.m.	Gymnastics*	Gymnastics*	Parent/Child Basketball *	Open	Open	YSS Basketball*	
12:00 p.m. - 1:00 p.m.	Open	Open	Open	Open	Open	Open	
1:00 p.m. - 2:00 p.m.	Open	Homeschool PE* (1:00 PM)	Open	Homeschool PE* (1:00 PM)	Open	Birthdays*	Adult Basketball (1:00-3:30)
2:00 p.m. - 3:00 p.m.	Open	Homeschool PE*	Open	Homeschool PE*	Open	Birthdays*	Adult Basketball
3:00 p.m. - 4:00 p.m.	Gymnastic* (Set-up 3:30 PM)	Gymnastic* (Set-up 3:30 PM)	Gymnastic* (Set-up 3:30PM)	Gymnastic* (Set-up 3:30 PM)	Gymnastic* (Set-up 3:30 PM)	Birthdays*	Adult Basketball
4:00 p.m. 5:00 p.m.	Gymnastics*	Gymnastics*	Gymnastics*	Gymnastics*	Gymnastics*	Birthdays*	Family Gym Activities (3:30-5:30)
5:00 p.m. 6:00 p.m.	Gymnastics*	Gymnastics*	Gymnastics*	Gymnastics*	Gymnastics*		Family Gym Activities
6:00 p.m. 7:00 p.m.	Gymnastics*	Karate* (6:00-7:30 PM)	Gymnastics*	Karate* (6:00-7:30 PM)	Gymnastics*		
7:00 p.m. - 8:00 p.m.	Open Basketball (7:00 PM)	Open Volleyball (7:30 PM)	Open Basketball (7:00 PM)	Open Volleyball(7:30 PM)	Open Basketball (7:00 PM)		
8:00 p.m. - 9:00 p.m.	Open Basketball	Open Volleyball	Open Basketball	Open Volleyball	Open Basketball		
9:00 p.m. - 10:00 p.m.	Open Basketball	Open Volleyball	Open Basketball	Open Volleyball	Open Basketball		

Open: Open Gym for All Members
 Open Basketball: Open for all Members. One Court is Reserved for Pick-Up Games
 Open Volleyball: Open for Members 16+ Yrs. One court is reserved for Pick-Up games
 Structured Family Activity: See Monthly Activity Schedule for Program Specifics. Free for Members
 Adult Lunch Time B-Ball: Full Court Basketball for Adult Members 25+ Yrs.

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

101 Long Green Boulevard, Yorktown, VA 23692 757 867 3300

A branch of Peninsula Metropolitan YMCA

VIEW OUR SCHEDULES ONLINE AT WWW.PENINSULAYMCA.ORG



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GYMNASIUM SCHEDULE - SIDE 2

VICTORY FAMILY YMCA

February-2012

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HOOR	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.	Open	Group Ex (9:00 - 9:30 AM)	Open	Open	Open	Group Ex	
9:00 a.m. - 10:00 a.m.	Open	Open	Open	Open	Open	Open	
10:00 a.m. - 11:00 a.m.	Open	Open	Open	Open	Open	YSS Basketball*	
11:00 a.m.- 12:00 p.m.	Open	Open	Open	Open	Open	YSS Basketball*	
12:00 p.m. - 1:00 p.m.	Open	Open	Open	Open	Open	Open	
1:00 p.m. - 2:00 p.m.	Open	Homeschool PE* (1:00 PM)	Open	Homeschool PE* (1:00 PM)	Open	Birthdays*	Adult Basketball (1:00-3:30)
2:00 p.m. - 3:00 p.m.	Open	Homeschool PE*	Open	Homeschool PE*	Open	Birthdays*	Adult Basketball
3:00 p.m. - 4:00 p.m.	Teen Afterschool* (3:30 PM)	Teen Afterschool* (3:30PM)	Teen Afterschool* (3:30 PM)	Teen Afterschool* (3:30 PM)	Teen Afterschool* (3:30 PM)	Birthdays*	Adult Basketball
4:00 p.m. 5:00 p.m.	Teen Afterschool*	Teen Afterschool*	Teen Afterschool*	Teen Afterschool*	Teen Afterschool*	Birthdays*	Family Gym Activities (3:30-5:30)
5:00 p.m. 6:00 p.m.	YSS Basketball Practice* (5:00 PM)	Open	YSS Basketball Practice* (5:00 PM)	YSS Basketball Practice* (5:00 PM)	YSS Basketball Practice* (5:00 PM)		Family Gym Activities
6:00 p.m. 7:00 p.m.	YSS Basketball Practice* (6:00 PM)	Karate* (6:00 - 7:00 PM)	YSS Basketball Practice* (6:00 PM)	Volleyball Class * (6:30 - 7:30)	Open Basketball (6:00 PM)		
7:00 p.m. - 8:00 p.m.	Open Basketball	Win 2 Loose* (7 :00 - 8:00 PM)	Youth Watch Activities (7:00)	Win 2 Loose* (8 :00 - 9:00 PM)	Open Basketball		
8:00 p.m. - 9:00 p.m.	Open Basketball	Open Volleyball (8:00 PM)	Open Basketball	Open Volleyball (9:00 PM)	Open Basketball		
9:00 p.m. - 10:00 p.m.	Open Basketball	Open Volleyball	Open Basketball	Open Volleyball	Open Basketball		

Open: Open Gym for All Members

* Represents a Paid Program. Please see the Welcome Center for More Information.

Adult Basketball: Full Court Basketball for Adult Members 16+ Yrs.

Open Basketball: Open for all Members. One Court is Reserved for Pick-Up Games

Open Volleyball: Open for Members 16+

Structured Family Activity: See Monthy Activity Schedule for Program Specifics. Free for Members

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

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