



# 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 7:30.  |                     |                     |
|               | 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          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 8:00-9:00am   | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 9:00-10:00am  | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 10:00-11:00am | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 11:00-12:00   | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     | Gym opens at 12:30. |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 12:00-1:00pm  | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 1:00-2:00pm   | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 2:00-3:00pm   | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 3:00-4:00pm   | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Youth & Family | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 4:00-5:00     | 1          | Open           | Open           | Open                | Open           | Open           | Gym closes at 4:45. |                     |                     |
|               | 2          | Afterschool    | Afterschool    | Afterschool         | Afterschool    | Afterschool    |                     |                     |                     |
| 5:00-6:00     | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Afterschool    | Afterschool    | Afterschool         | Afterschool    | Afterschool    |                     |                     |                     |
| 6:00-7:00     | 1          | Open           | Open           | Open                | Open           | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Gymnastics     | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 7:00-8:00     | 1          | Open           | Open           | Open                | Open           | Open           |                     | Gym closes at 7:15. |                     |
|               | 2          | Youth & Family | Gymnastics     | Youth & Family      | Youth & Family | Youth & Family |                     |                     |                     |
| 8:00-8:45     | 1          | Open           | Open           | Gym closes at 8:15. |                | Open           |                     |                     |                     |
|               | 2          | Youth & Family | Gymnastics     |                     |                | Youth & Family |                     |                     |                     |

A branch of the Peninsula Metropolitan YMCA

Revised: 4/24/08

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.

*Our Mission: To put Christian principles into practice through programs to build healthy spirit, mind and body for all.*

Northern Neck Family YMCA . 39 Harris Road . Kilmarnock Virginia 22482 . 804.435.0223