



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GYM SCHEDULE

JANUARY 2019

OTTAWA YMCA

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
5:00 AM	BUILDING CLOSED	Open Gym 5:00-8:00	Open Gym 5:00-8:00	Open Gym 5:00-8:00	Open Gym 5:00-8:00	Open Gym 5:00-8:00	BUILDING CLOSED				
6:00 AM							Open Gym 7:00-8:30				
7:00 AM		Youth Basketball Games 8:30-3:00	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50				
8:00 AM			Chair Yoga 9:00-9:45	Zumba 9:00-10:00	Zumba 9:00-10:00	Chair Yoga 9:00-9:45	Zumba 9:00-10:00				
9:00 AM			Zumba 10:00-11:00	Open Gym 10:00-11:00	Open Gym 10:00-11:00	Open Gym 10:00-11:00	Open Gym 10:00-11:00				
10:00 AM			Preschool 11:00-11:30	Preschool 11:00-11:30	Preschool 11:00-11:30	Preschool 11:00-11:30	Preschool 11:00-11:30				
11:00 AM			Open Gym 12:00-5:00	Open Gym 11:30-1:30	Open Gym 11:30-3:00	Open Gym 11:30-3:00	Open Gym 11:30-1:30	Open Gym 11:30-3:00			
12:00 PM		Friendship Village 1:30-2:30		Friendship Village 1:30-2:30							
1:00 PM	ASP 3:00-4:00	ASP 3:00-5:00		ASP 3:00-5:00	ASP 3:00-5:00	ASP 3:00-3:45	Open Gym 3:00-5:00				
2:00 PM								Youth Basketball 4:00-5:00	Youth Basketball 5:00-6:00	Youth Basketball 5:00-6:00	Ninja Tastics 3:45-5:30
3:00 PM								Pound 5:30-6:30			
4:00 PM	BUILDING CLOSED	Open Gym 6:30-8:30	Adult Basketball 6:30-8:30	Open Gym 6:30-8:30	Adult Basketball 6:30-8:30	BUILDING CLOSED					
5:00 PM		BUILDING CLOSED	Open Gym 6:30-8:30	Adult Basketball 6:30-8:30	Open Gym 6:30-8:30		Adult Basketball 6:30-8:30				
6:00 PM											
7:00 PM											
8:00 PM											

BIG GYM SCHEDULE

OTTAWA YMCA

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:00 AM	BUILDING CLOSED	Open Gym 5:00-8:00		Open Gym 5:00-8:00		Open Gym 5:00-8:00	BUILDING CLOSED					
6:00 AM							Open Gym 7:00-10:00					
7:00 AM		Youth Basketball Games 9:00-1:00	Pickleball 8:00-11:00	Open Gym 5:00-1:30	Pickleball 8:00-11:00	Open Gym 5:00-12:00	Home School Sports 10:00-11:00					
8:00 AM			Open Gym 11:00-12:00		Open Gym 11:30-12:00			Open Gym 11:30-12:00				
9:00 AM			Adult Basketball 12:00-2:00	Open Gym	Friendship Village 1:30-2:30	Friendship Village 1:30-2:30	Open Gym	Open Gym				
10:00 AM									Open Gym	Open Gym	Open Gym	Open Gym
11:00 AM												
12:00 PM		Open Gym 12:00-5:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					
1:00 PM												
2:00 PM												
3:00 PM												
4:00 PM	BUILDING CLOSED	Youth Basketball 5:00-8:00	Open Gym	Open Gym	Open Gym	Open Gym						
5:00 PM												
6:00 PM												
7:00 PM												
8:00 PM	BUILDING CLOSED	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym						
5:00 PM												
6:00 PM												
7:00 PM												