

GYM SCHEDULE SPRING 2017

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time/Day	
9:00 am	Open Gym 9-4:00	Open Gym 9:00-3:30	Open Gym 9:00-4:30	Introduction to Rec 9:00-11:30	Open Gym 9:00-3:30	*Jr. Soccer Club 9:00-10:30	*Adult Soccer Club 9:00-11:00	9:00 am	
9:30 am						9:30 am			
10:00 am						10:00 am			
10:30 am						10:30 am			
11:00 am						11:00 am			
11:30 am				11:30 am					
12:00 pm				12:00 pm					
12:30 pm				12:30 pm					
1:00 pm				1:00 pm					
1:30 pm				1:30 pm					
2:00 pm	*Kick Start 3:30-4:30	*Co-ed B-ball 4:30-5:30	*Jr Soccer 4:30-5:30	Open Gym 11:30-5:00	Open Gym 9:00-3:30	*Masters Basketball 10:30-12:30	Open Gym 11:00-1:00	11:00 am	
2:30 pm						11:30 am			
3:00 pm						12:00 pm			
3:30 pm						12:30 pm			
4:00 pm						1:00 pm			
4:30 pm						1:30 pm			
5:00 pm						2:00 pm			
5:30 pm						2:30 pm			
6:00 pm						3:00 pm			
6:30 pm						3:30 pm			
7:00 pm	*Kick Start 3:30-4:30	*Co-ed B-ball 4:30-5:30	*Jr Soccer 4:30-5:30	*Netball 5:00-6:30	Pick-up Youth Basketball U16 3:30-6:30 pm	*Table Tennis Club 12:30-4:30	*Badminton Club 1:00-4:00	4:00 pm	
7:30 pm						4:30 pm			
8:00 pm						5:00 pm			
8:30 pm						5:30 pm			
9:00 pm						6:00 pm			
9:30 pm						6:30 pm			
						7:00 pm			
						7:30 pm			
						8:00 pm			
						8:30 pm			
	9:00 pm								
	9:30 pm								
	GYM CLOSED								

***Only those who are registered in the programs or clubs or house leagues may participate.**

Note: The gym closes weeknights at 9:30 pm and weekends at 5:30 pm. Members have one half hour to shower and change.

All members must exit the building by 10:00 pm on weeknights and by 6:00 pm on weekends.