

C.W. Avery Family YMCA Gym Schedule

Winter 2010 January 4 – February 20, 2010

Monday	Court 1	Open Gym 5AM-10PM						
	Court 2	Cardio 5:30-6:30AM	9:15-10:00AM KinderSports	Parent/Tot Gym Jam 4:30-5PM	Gladiator 5:15-6:15PM	Beg/Int Volleyball 6:30-7:15PM	Open Family Volleyball 7:15-8:15PM	Open Adult Volleyball 8:15-9:30PM
Tuesday	Court 1	Open Gym 5AM-10PM						
	Court 2	Full Court Adult BBall 5:30-7AM	Parent/Tot Gym Jam 9:30-10AM	PreSchool Sports 10:10-10:40AM	Snow Bunny Gym Time 1-2:30PM	SASS 5-5:45PM	BBall S&S 6-7PM	Tween Open Dodgeball 7-8PM
Wednesday	Court 1	Open Gym 5AM-10PM						
	Court 2	Open Gym 5AM-1PM	Biddy Basketball 1:30-2:15PM	PreSchool Sports 5-5:30PM	KinderSports 5:40-6:25PM	BBall S&S 6:30-7:30PM	30+ Basketball Scrimmage 7:45-9PM	
Thursday	Court 1	Open Gym 5AM-10PM						
	Court 2	Full Court Adult BBall 5:30-7AM	PreSchool Sports 10:45-11:15AM	Junior Basketball 4:30-5:15PM	SASS 5:30-6:15PM	Youth Sports 6:30-7:15PM	Adult Volleyball 7:30-9:30PM	
Friday	Court 1	Open Gym 5AM-10PM						
	Court 2	Open Gym 5AM-7PM				Adult Dodgeball 7-8PM	Open Gym 8PM-10PM	
Saturday	Court 1	Open Gym 6AM-6PM						
	Court 2	Full Court Adult BBall 6-7:30AM	SASS 8:30-9:15AM	Adv Volleyball 9:30-10:30AM	Int. Volleyball 10:30-11:30AM	Family Basketball 12-1PM	Open Gym 1-6PM	
Sunday	Court 1	Open Gym 9AM-3PM						
	Court 2	Open Gym 9AM-12PM			Family Volleyball 12-1:30PM		Open Gym 1:30-3PM	

Indoor Track is available for **RUNNING** and **WALKING** while gym curtains are down.

☺☺☺Tuesday and Thursdays 10-10:45AM Keep on Truckin' Walk and Stretch will be on the TRACK for all members.

This schedule is subject to change for days out of school, special events and event changes due to weather.

Questions? Contact Susan Krause at 815.267.8600 or skrause@jolietyymca.org