

**Galowich Family YMCA  
GYM SCHEDULE  
December 13, 2010 – February 19, 2011**

**MONDAY:**

**Court #1:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 6:00 pm | Kidz Zone       |
| 6:00 pm - 8:00 pm | Karate          |
| 8:00 pm - 9:45 pm | Open Basketball |

**Court #2:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 6:00 pm | Kidz Zone       |
| 6:00 pm - 6:30 pm | Ab Attack       |
| 6:30 pm - 7:00 pm | Step & Sculpt   |
| 7:00 pm - 8:00 pm | Karate          |
| 8:00 pm - 9:45 pm | Open Basketball |

**TUESDAY:**

**Court #1:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 5:30 pm | Kidz Zone       |
| 5:30 pm - 8:30 pm | YBL Practices   |
| 8:30 pm - 9:45 pm | Open Basketball |

**Court #2:**

|                     |                    |
|---------------------|--------------------|
| 5:00 am - 9:00 am   | Open Gym           |
| 9:00 am - 10:00 am  | A.M. Sweatfest     |
| 10:00 am - 11:00 am | Sr. Weight Fitness |
| 11:00 am - 2:30 pm  | Open Gym           |
| 2:30 pm - 5:30 pm   | Kidz Zone          |
| 6:30 pm - 7:30 pm   | YBL Practices      |
| 7:30 pm - 9:45 pm   | Open Basketball    |

**WEDNESDAY:**

**Court #1:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 5:30 pm | Kidz Zone       |
| 5:30 pm - 6:30 pm | YBL Practice    |
| 6:30 pm - 7:15 pm | Latin Rhythm    |
| 7:30 pm - 8:30 pm | YBL Practice    |
| 8:30 pm - 9:45 pm | Open Basketball |

**Court #2:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 5:30 pm | Kidz Zone       |
| 5:30 pm - 7:30 pm | YBL Practice    |
| 7:30 pm - 9:45 pm | Open Basketball |

**THURSDAY:**

**Court #1:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 5:30 pm | Kidz Zone       |
| 5:30 pm - 8:30 pm | YBL Practices   |
| 8:30 pm - 9:45 pm | Open Basketball |

**Court #2:**

|                     |                    |
|---------------------|--------------------|
| 5:00 am - 9:00 am   | Open Gym           |
| 9:00 am - 10:00 am  | A.M. Sweatfest     |
| 10:00 am - 11:00 am | Sr. Weight Fitness |
| 11:00 am - 2:30 pm  | Open Gym           |
| 2:30 pm - 5:30 pm   | Kidz Zone          |
| 5:30 pm - 7:30 pm   | YBL Practices      |
| 7:30 pm - 9:45 pm   | Open Basketball    |

**FRIDAY:** *(Bld closes @ 1pm on 12/24 & 12/31)*

**Court #1:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 2:30 pm | Open Gym        |
| 2:30 pm - 6:00 pm | Kidz Zone       |
| 6:00 pm - 9:45 pm | Open Basketball |

**Court #2:**

|                   |                 |
|-------------------|-----------------|
| 5:00 am - 5:30 pm | Open Gym        |
| 5:30 pm - 9:45 pm | Open Basketball |

**SATURDAY:** *(Bld closed 12/25 & 1/1/11)*

***\*YBL Games begin January 8, 2011!***

**Court #1:**

|                    |                 |
|--------------------|-----------------|
| 8:00 am - 9:00 am  | Junior YBL      |
| 9:00 am - 5:00 pm* | YBL Games       |
| 5:00 pm - 7:45 pm  | Open Basketball |

**Court #2:**

|                    |                 |
|--------------------|-----------------|
| 8:00 am - 9:00 am  | Junior YBL      |
| 9:00 am - 5:00 pm* | YBL Games       |
| 5:00 pm - 7:45 pm  | Open Basketball |

**SUNDAY:** *(October - April)*

**Court #1:**

|                    |          |
|--------------------|----------|
| 12:00 pm - 3:45 pm | Open Gym |
|--------------------|----------|

**Court #2:**

|                    |                 |
|--------------------|-----------------|
| 12:00 pm - 3:45 pm | Open Basketball |
|--------------------|-----------------|