



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST PARK FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULE						
5:30a-9:20a Open	5:30a-9:50a Open	5:30a-9:20a Open	5:30a-10:30a Open	5:30a-9:20a Open	7:00a-4:45p Open	10:00a-3:45p Open
9:30-10:20a Closed Sliver Sneakers Classic Class	10:00-10:30a Closed Tai Chi Express Class	9:30-10:20a Closed Strength and Stability	10:40-11:30a Closed Sliver Sneakers Circuit	9:30-10:20a Closed Sliver Sneakers Classic Class		
10:30a-4:50p Open	10:40a-11:30a Closed Sliver Sneakers Circuit	10:30a-4:50p Open	12:00-2:00p Closed Rental	10:30a-12:20p Open		
5:00-6:00p Closed SACC	11:40a-12:25p Open	5:00-6:00p Closed SACC	2:05-4:50p Open	12:30-2:00p Closed Adult Open Basketball		
6:05-6:20 Open	12:30-2:00p Closed Adult Open Basketball	6:05-6:45p Open	5:00-6:00p Closed SACC	2:05-4:50p Open		
6:30-8:00p Closed Gymnastics	2:05-4:50p Open	6:45-8:45p Closed Adult Basketball League	6:05-8:45p Open	5:00-6:00p Closed SACC		
8:05-8:45p Open	5:00-6:00p Closed SACC			6:05-8:45p Open		
	6:05-8:45p Open					

*Schedule is subject to change

Gymnastics September 11th- October 16th
Fall Jr. Cavs & Youth Volleyball Deadline October 1st
Adult Basketball League Deadline October 4th