



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL IS HERE – IT’S TIME TO PLAY

Kippenhan Gymnasium Schedule

FOX WEST YMCA

September 10–October 28, 2018

Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym- Front Side (side closest to office)	4K Wrap 11:15AM-12:00PM	4K Wrap 11:15AM-12:00PM	4K 9:45-10:15AM Pre-School 10:15-10:45AM 4K Wrap 11:15AM-12:00PM	Pre-School 10:15-10:45AM 4K Wrap 11:15AM-12:00PM Jedi Training 4:30-5:15PM	Open Gym All Day Teen Nights 6:00-9:30PM Sept 28 Oct 12 Closed October 26 & 27 for event	Youth Leagues 8:30-11:45AM Closed All Day October 27	Open Gym All Day
Gym – Back Side	Open Pickleball 5:00-7:00AM Fitness Class 8:15-9:15AM Beginner Pickleball 10:00AM-Noon Tumbling Classes 4:15-7:00PM	Fitness Class 5:00-6:00AM Open Pickleball 10:00AM-Noon	Open Pickleball 5:00-7:00AM Beginner Pickleball 10:00AM-Noon Sports Sampler 4:30-5:30PM Parent/Child All Sports 5:30-6:15PM Family & Youth Open Volleyball 6:30-7:30PM Adult Open Volleyball 7:30-9:30PM	Fitness Class 5:00-6:00AM Open Pickleball 10:00AM-Noon Tumbling Classes 4:15-7:00PM	Open Pickleball 5:00-7:00AM Fitness Class 8:15-8:45AM Tumbling Classes 9:30-11:30AM School Age 3:45-5:00PM Teen Nights 6:00-9:30PM Sept 28 Oct 12	Youth Leagues 8:30-11:45AM Open Volleyball 11:30-1:30PM Closed All Day October 27	Open Gym All Day

Open Gym – Please follow gym expectations which are posted in the gym. The gym is available for open shooting, and cross court basketball. Full court basketball is not allowed. If more than 10 players for cross court basketball, shoot for teams and rotate. YMCA reserves the right to stop full and cross court games.
Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that help build a healthy spirit, mind and body for all.