



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S PLAY TIME

Van Hoof Gymnasium Schedule

HEART OF THE VALLEY YMCA

January 8-February 25, 2018

Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Van Hoof Gym Front	PickleBall 11:00AM-1:00 PM Open Gym 5:00-11:00 AM 1:00-10:00 PM	Max Intervals 5:15-6:15 AM Open Gym 6:15 AM-10:00 PM	Kids Corner 10:00-11:00 AM PickleBall 11:00AM-1:00 PM Open Gym 5:00-10:00 AM 11:00 AM -10:00 PM	Core Strength 5:10-5:55 AM Open Gym 6:00 AM-10:00PM	PickleBall 11:00AM-1:00 PM Open Gym 5:00-11:00 AM 1:00-10:00 PM	Youth League 8:00-2:45 PM Open Gym 2:45-6:00 PM	Open Gym 7:30-6:00 PM
Van Hoof Gym Back	Hoop Fitness 6:45-7:15 AM Simply Fit 9:00-9:45 AM Kids Corner 10:00-11:00 AM PickleBall 11:00AM-1:00 PM Sports Classes 5:00-7:00 PM Open Gym 5:00-6:45 AM 7:15-8:45 AM 1:00-4:45 PM 7:00-10:00 PM	Max Intervals 5:15-6:15 AM Jr Fitness 9:00-10:00 AM Kids Corner 10:00-11:00 AM 5:30-6:00 PM Open Gym 6:15-8:45 AM 11:00-5:30 PM 6:00-10:00 PM	Simply Fit 9:00-9:45 AM PickleBall 11:00AM-1:00 PM Tumble Sports 1:15-2:00 PM Open Gym 5:00-9:00 AM 10:00-11:00 AM 2:00-10:00 PM	Core Strength 5:10-5:55 AM Bumble Bee Fitness 9:00-10:00 AM Kids Corner 10:00-11:00 AM Dodgeball 4:30-5:15 Kids Corner 5:30-6:00 PM Open Gym 6:00-9:00 AM 11:00-5:30 PM 6:00-10:00 PM	Kids Corner 10:15-11:00 AM PickleBall 11:00AM-1:00 PM Open Gym 5:00-10:15 AM 1:00- 10:00 PM	Youth League 8:00-2:45 PM Open Gym 2:45-6:00 PM	Open Gym 7:30-6:00 PM

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.

Schedules is subject to change without notice, please check App for the most accurate information.

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.



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