



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S PLAY TIME

Van Hoof Gymnasium Schedule

HEART OF THE VALLEY YMCA

June 26–September 4, 2017

Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Van Hoof Gym Front	Open Gym 5:00 AM–9:00 PM	Open Gym 6:15–9:00 PM Max Intervals 5:15–6:15 AM	Open Gym 5:00 AM–6:45 AM Hoop Fitness 6:45 AM–7:15 AM	Open Gym 6:00 AM–9:00 PM Core/Strength 5:10–6:00 AM	Open Gym 5:00 AM–9:00 PM	Open Gym 5:45AM–3:00 PM	Open Gym 7:30–3:00 PM
Van Hoof Gym Back	Open Gym 5:00 AM–6:00 PM 7:00–9:00 PM Sports Class 6:15–7:00 PM	Open Gym 5:00–8:45AM 10:00 AM–9:00 PM Jr Fitness 8:45–10:00 AM	Open Gym 5:00 AM–9:00 PM	Open Gym 5:00 AM–9:00 PM	Open Gym 5:00 AM–9:00 PM	Open Gym 5:45 AM–3:00 PM	Open Gym 7:30–3:00 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 call ahead.

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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