



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIRON GYM SCHEDULE

NEENAH-MENASHA YMCA

April 16-June 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEYOND PLAY 9:45-10:15 AM BACK 1/2 GYM CHILDCARE 10:00-11:00 AM NOON BASKETBALL 11:00 AM-1:00 PM CHILDCARE 3:00-4:00 PM	LET'S GET MOVING 9:30-10:30 AM BACK 1/2 GYM CHILDCARE 10:00-11:00 AM CHILDCARE 3:00-4:00 PM OPEN VOLLEYBALL 7:00-9:00 PM	GOOD MOVE 9:00-10:00 AM FRONT ½ GYM BEYOND PLAY 9:45-10:15 AM BACK 1/2 GYM CHILDCARE 10:00-11:00 AM CHILDCARE 3:00-4:00 PM	LET'S GET MOVING 9:30-10:30 AM BACK 1/2 GYM CHILDCARE 10:00-11:00 AM NOON BASKETBALL 11:00 AM-1:00 PM CHILDCARE 3:00-4:00 PM ADULT VOLLEYBALL LEAGUE 6:45-9:00 PM (Thru May 17)	CHILDCARE 10:00-11:00 AM NOON BASKETBALL 11:00 AM-1:00 PM CHILDCARE 3:00-4:00 PM		

Information: Schedules are subject to change; notices will be posted on the YMCA bulletin board.

Sports Birthday Parties: Half of Miron or Upper gyms may be scheduled for birthday parties between 1:00-4:00 PM on Saturdays and Sundays.

Open Basketball: Open to all ages to shoot around; games can be played at a single basket.

NOON Basketball: Times are for players 16 years and older.



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UPPER GYM SCHEDULE

NEENAH-MENASHA YMCA

April 16-June 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 8:30 AM – SET-UP 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-10:45 AM FRONT 1/2 GYM</p>	<p>CIRCUIT TRAINING 8:30-9:15 AM BACK 1/2 GYM</p> <p>CARDIO GOLD 8:30 AM – SET-UP 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM</p> <p>OPEN PICKLEBALL 11:00 AM – 1:00 PM</p> <p>JR GATORS 4:15-5:00 PM FRONT 1/2 GYM</p> <p>SPORTS SAMPLER 5:15-6:00 PM FRONT 1/2 GYM</p>	<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 8:30 AM – SET-UP 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-10:45 AM FRONT 1/2 GYM</p> <p>OPEN PICKLEBALL 11:00 AM – 1:00 PM</p> <p>GATORS 4:15-5:00 PM</p> <p>GAGA BALL/ULTIMATE BALL 5:15-6:00 PM</p>	<p>CIRCUIT TRAINING 8:30-9:15 AM BACK 1/2 GYM</p> <p>CARDIO GOLD 8:30 AM – SET-UP 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM</p> <p>OPEN PICKLEBALL 11:00 AM – 1:00 PM</p> <p>LITTLE KICKERS 4:15-5:00 PM FRONT 1/2 GYM</p> <p>LITTLE RUSHERS & SLUGGERS 5:15-6:00 PM FRONT 1/2 GYM</p>	<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 8:30 AM – SET-UP 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-10:45 AM FRONT 1/2 GYM</p>		

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NOON Basketball: Times are for players 16 years and older.

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.