



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MIRON GYM SCHEDULE

## NEENAH-MENASHA YMCA

### January 8-February 25, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>FUN FOR 3'S &amp; 4'S</b> 8:45-9:45 AM FRONT 1/2 GYM  <b>BEYOND PLAY</b> 9:45-10:15 AM BACK 1/2 GYM  <b>CHILDCARE</b> 10:15-11:00 AM FRONT 1/2 GYM  <b>NOON BASKETBALL</b> 11:00 AM-1:00 PM  <b>CHILDCARE</b> 3:00-4:00 PM	<b>LET'S GET MOVING</b> 9:30-10:30 AM BACK 1/2 GYM  <b>CHILDCARE</b> 10:15-11:00 AM FRONT 1/2 GYM  <b>CHILDCARE</b> 3:00-4:00 PM  <b>OPEN VOLLEYBALL</b> 7:00-9:00 PM  <b>Y-BALL PRACTICES</b> 5:30-6:30 PM BACK 1/2 GYM	<b>GOOD MOVE</b> 9:00-10:00 AM FRONT ½ GYM  <b>BEYOND PLAY</b> 9:45-10:15 AM BACK 1/2 GYM  <b>CHILDCARE</b> 10:15-11:00 AM FRONT 1/2 GYM  <b>CHILDCARE</b> 3:00-4:00 PM	<b>LET'S GET MOVING</b> 9:30-10:30 AM BACK 1/2 GYM  <b>CHILDCARE</b> 10:15-11:00 AM FRONT 1/2 GYM  <b>NOON BASKETBALL</b> 11:00 AM-1:00 PM  <b>CHILDCARE</b> 3:00-4:00 PM  <b>ADULT VOLLEYBALL LEAGUE</b> 6:45-9:00 PM  <b>Y-BALL PRACTICES</b> 5:00-6:00 PM BACK 1/2 GYM	<b>CHILDCARE</b> 10:15-11:00 AM FRONT 1/2 GYM  <b>NOON BASKETBALL</b> 11:00 AM-1:00 PM  <b>CHILDCARE</b> 3:00-4:00 PM  <b>TEEN NIGHTS</b> 6:00-9:30 PM (JAN 5, 19; FEB 2, 16)	<b>YOUTH BASKETBALL LEAGUE</b> 8:15 AM-2:30 PM DEC 2-FEB 17  <b>JUDO TOURNAMENT</b> ALL DAY FEB 24	<b>DANCE COMPETITION SHOWCASE</b> 12:30 -5:00 PM FEB 18

**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 p.m. 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

### January 8-February 25, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>STRENGTH &amp; RESISTANCE</b> 8:30-9:30 AM BACK 1/2 GYM</p> <p><b>SILVER SNEAKERS CLASSIC</b> 9:00-9:45 AM FRONT 1/2 GYM</p> <p><b>CHILDCARE</b> 9:45-11:00 AM BACK 1/2 GYM</p> <p><b>CHAIR YOGA</b> 10:30-11:15 AM FRONT 1/2 GYM</p> <p><b>Y-BALL PRACTICES</b> 5:30-9:30 PM BACK 1/2 GYM</p> <p>5:30-8:30 PM FRONT 1/2 GYM</p>	<p><b>CIRCUIT TRAINING</b> 8:30-9:15 AM BACK 1/2 GYM</p> <p><b>CARDIO GOLD</b> 9:00-9:45 AM FRONT 1/2 GYM</p> <p><b>CHILDCARE</b> 9:45-11:00 AM</p> <p><b>LITTLE HOOPSTERS</b> 4:15-5:00 PM FRONT 1/2 GYM</p> <p><b>SPECIAL OLYMPICS</b> 5:00-6:00 PM BACK 1/2 GYM</p>	<p><b>STRENGTH &amp; RESISTANCE</b> 8:30-9:30 AM BACK 1/2 GYM</p> <p><b>SILVER SNEAKERS CLASSIC</b> 9:00-9:45 AM FRONT 1/2 GYM</p> <p><b>CHILDCARE</b> 9:45-11:00 AM BACK 1/2 GYM</p> <p><b>CHAIR YOGA</b> 10:00-10:45 AM FRONT 1/2 GYM</p> <p><b>GATORS</b> 4:15-5:00 PM</p> <p><b>ULTIMATE BALL &amp; YOUTH DODGEBALL</b> 5:15-6:00 PM</p> <p><b>Y-BALL PRACTICES</b> 6:30-9:30 PM BACK 1/2 GYM</p> <p>6:00-9:00 PM FRONT 1/2 GYM</p>	<p><b>CIRCUIT TRAINING</b> 8:30-9:15 AM BACK 1/2 GYM</p> <p><b>CARDIO GOLD</b> 9:00-9:45 AM FRONT 1/2 GYM</p> <p><b>CHILDCARE</b> 9:45-11:00 AM</p> <p><b>JR. GATORS</b> 4:15-5:00 PM FRONT 1/2 GYM</p> <p><b>BATON</b> 5:00-6:30 PM BACK 1/2 GYM</p> <p><b>LITTLE KICKERS</b> 5:15-6:00 PM FRONT 1/2 GYM</p>	<p><b>STRENGTH &amp; RESISTANCE</b> 8:30-9:30 AM BACK 1/2 GYM</p> <p><b>SILVER SNEAKERS CLASSIC</b> 9:00-9:45 AM FRONT 1/2 GYM</p> <p><b>CHILDCARE</b> 9:45-11:00 AM BACK 1/2 GYM</p> <p><b>CHAIR YOGA</b> 10:00-10:45 AM FRONT 1/2 GYM</p> <p><b>TEEN NIGHTS</b> 6:00-9:30 PM (JAN 5, 19, FEB 2, 16)</p>	<p><b>YOUTH BASKETBALL LEAGUE</b> 8:15 AM-2:30 PM DEC 2-FEB 17</p>	<p><b>Y-BALL PRACTICES</b> 3:00-6:00 PM WHOLE GYM</p>

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**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.

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.