



# GYM SCHEDULE



## FAMILY GYM JANUARY 9 - JUNE 3, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5-9:30am Open Gym	5-10:15am Open Gym	5-10am Open Gym	5-10 am Open Gym	5-9am Open Gym	7-8:15am Boxing Training
	9:30-10:15a Kickboxing	10:15-11:15a Gym/Swim			9-10:15am Gym/Swim	
11a-4p Open Gym	10:15-11am Gym/Swim	11:15-11:45a Lit. Lnrs.	10-11am Gym/Swim	10-11:15am Gym/Swim	10:15-11:15a Open Gym	8:15am-6pm Youth Basketball
4-6pm	11:15-11:45a Lit. Lnrs.			11:15-11:45a Lit. Lnrs.	11:15-11:45a Lit. Lnrs.	
Adult League	11:45-2p Open Gym,	11:45a-2p Open Gym	11a-2p Open Gym,	11:45-2p Open Gym,	11:45-2p Open Gym,	6:00-7:00p Open Family Gym
	2-2:30pm Lit. lnrs.	2-2:30pm Lit. lnrs.	2-2:30pm Lit. lnrs.	2-2:30pm Lit. lnrs.	2-2:30pm Lit. lnrs.	
	2:30-5p Open Gym,	Open Gym	2:30-7:30p Open Gym	Open Gym	2:30-6p Open Gym	
	5-7pm Youth League	3:45-7:45 Tae Kwon Do	Open Gym	3:45-7:45 Tae Kwon Do	6-7:15pm Indoor Tennis Lessons	
	7-8:30p Open Gym	7:45-8:45p Youth League	7:30-8:30p Boxing Near Side	7:45-8:45p Youth League		
	8:30-10p Open Teen	8:45-10p Open Gym	Open Gym Far Side	8:45-10p Open Teen Basketball	7:15-10pm Open Gym	
			8:30-10pm Open Gym			



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### DEFINITIONS FOR GYM TERMS

<b>OPEN GYM: SHOOT AROUND OR HALF COURT GAMES ONLY</b>
<b>OPEN PICK-UP: FULL COURT GAMES TAKE PRIORITY</b>
<b>ADULT PICK-UP: PARTICIPANTS OVER THE AGE OF 18 ONLY - PICK-UP GAMES TAKE PRIORITY.</b>
<b>TEEN PICK-UP: PARTICIPANTS OVER THE AGE OF 12 AND UNDER AGE 18 TAKE PRIORITY</b>
<b>ADULT OPEN: PARTICIPANTS OVER THE AGE OF 18 ONLY FOR ACTIVITY INDICATED</b>