



Fox Valley Family YMCA Gym Schedule Winter 2019



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------------|--------------------------|
| 4:30am | Opens at 5am | Opens at 5am | Opens at 5am | Opens at 5am | Opens at 5am | | |
| 5:00am | Boot Camp 5:00am - 6:00am | Boot Camp 5:00am - 6:00am | Boot Camp 5:00am - 6:00am | Boot Camp 5:00am - 6:00am | Boot Camp 5:00am - 6:00am | | |
| 6:00am | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | YMCA Opens at 7am | YMCA Opens at 9am |
| 7:00am | | | | | | | |
| 8:00am | | | | | | | |
| 9:00am | | | | | | | |
| 10:00am | Pickleball | Open Gym | Open Gym | Open Gym | Open Gym | Y Winners Basketball Games | Uswego men League |
| 11:00am | | | | | | | |
| 12 Noon | | | | | | | |
| 1:00pm | MEMBERS ONLY | | MEMBERS ONLY | | MEMBERS ONLY | | |
| 2:00pm | | | | | | | |
| 3:00pm | | | | | | | |
| 4:00pm | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym |
| 5:00pm | Y Winners Basketball | | Y Winners Basketball | | Youth Dodgeball | | |
| 6:00pm | | | | Adult Volleyball | | YMCA Closed at 6pm | |
| 7:00pm | | | | | GYM CLOSED | | |
| 8:00pm | GYM CLOSED | GYM CLOSED | GYM CLOSED | GYM CLOSED | YMCA Closed at 8pm | | YMCA Closed at 4pm |
| 9:00pm | Closed at 9pm | Closed at 9pm | Closed at 9pm | Closed at 9pm | | | |

Circumstances may require that adjustment be made to programs, fee, schedules, etc. The YMCA reserves the right to make any such adjustment.

Please allow time for programs to set up and take down equipment. Soccer/Football practice may be held indoors during inclement weather.

Reminder: Camps will be occupying the gym during daytime hours throughout the summer. **MEMBERS ONLY IN THE GYM AFTER 4 PM**