



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

YMCA of Portsmouth

Spring 2012

Hours of Operation: Monday-Thursday 5:30AM-9:30PM; Friday 5:30AM-9:00PM; Saturday 8:00AM-5:00PM; Sunday 1:00PM-5:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		TRX Circuit (Side 1) 5:45-6:30AM			TRX Circuit (Side 1) 5:45-6:30AM		
↓	Open Gym (Side 1) / Before School Program (Side 2) 5:30-8:30AM						
8:00 AM	Open Gym (Side 1) 8:30AM-10:00AM Preschool Program (Side 2) 8:30AM-12:00PM					Youth Classes 8:00AM-12:00PM	
8:30 AM							
9:00 AM							TRX Boot Camp (Side 1) 9:00-10:00AM
9:30 AM							
10:00 AM	School Groups (Side 1) 10:00AM-12:00PM						
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12:00 PM	Adult Full Court Basketball	School Group (Side 1) 12:15-2:15PM	Adult Full Court Basketball	Open Gym	Adult Full Court Basketball	Cross Court Basketball (Side 1) Family Gym (Side 2) 12:00-3:00PM	
12:30 PM							
1:00 PM							
1:30 PM	After School Program (Side 2) 2:00-6:00PM						Open Gym (Side 1) Family Gym (Side 2) 1:00-4:45PM
2:00 PM							
2:30 PM	Open Gym (Side 1) 2:00-4:30PM	School Group (Side 1) 3:00-4:30PM	Open Gym (Side 1) 2:00-4:30PM	Family Gym (Side 1) 2:00-4:30PM	Open Gym (Side 1) 2:00-3:00PM School Group (Side 1) 3:00-4:30PM	Open Gym 3:00-4:45PM	
3:00 PM							
3:30 PM	Adult Cross Court Basketball (Side 1) 4:30-6:30PM	Family Gym (Side 1) 4:30-5:30PM	Adult+A1 Cross Court Basketball (Side 1) 4:30-6:30PM	TRX Circuit (Side 1) 4:30-5:30PM	Adult Cross Court Basketball (Side 1) 4:30-6:30PM	Family Gym (Side 2) 6:00-8:45PM Open Gym (Side 1) 6:30-8:45PM	
4:00 PM							
4:30 PM							
5:00 PM	TRX Circuit (Side 1) 6:35-7:35PM	30+ Cross Court Basketball (Side 1) 5:30-7:00PM	TRX Boot Camp (Side 1) 6:35-7:35PM	Cheer Tumblers (Side 2) 6:00-8:00PM	Open Gym (Side 1) 5:30-9:00PM Family Gym (Side 2) 8:00-9:00PM		
5:30 PM							
6:00 PM	Open Gym 8:00-9:00 PM	Open Gym 7:00-9:00 PM	Adult Gym Volleyball (Side 1) 7:30-9:00PM Open Gym (Side 2) 6:00-9:00PM	Open Gym (Side 1) 5:30-9:00PM Family Gym (Side 2) 8:00-9:00PM			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

FAMILY GYM is designed for parents and children to recreate together as a family unit.

OPEN GYM is designed for all age groups. Children under 8 must be supervised at all times.

ADULT FULL COURT/CROSS COURT BASKETBALL - Full Court is open for members 16 years and older and cross court is open for members 14 years and older. **30+** is for adults 30 years and older. **NO GUESTS** are allowed to participate in Full Court or Cross Court Basketball.

Shut down of the YMCA building begins 15 minutes prior to closing. Please plan to shower, dress and exit by closing time each evening.