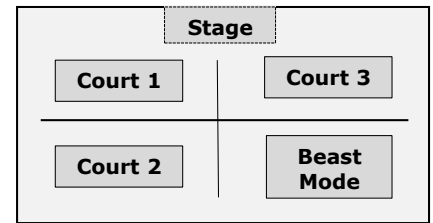




# GYM SCHEDULE

Fall 2022

PRISMA HEALTH FAMILY YMCA



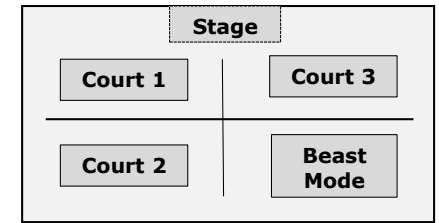
Monday	Court 1	Court 2	Court 3	Beastmode
5a	Full Court Basketball	Full Court Basketball	Open Gym	Reserved for Class 5:30a-6:30a
6a				Open Training
7a				Reserved for Class 9a-11a
8a	Open Gym			
9a	Reserved for Program	Open Gym (Used for childwatch when needed)	Reserved for Program	Reserved for Class 4:30p-7:30p
10a	Open Gym	Open Gym	Open Gym	
11:15a	Full Court Basketball	Full Court Basketball	Open Gym	Open Training
12p				Open Training
1p				Open Training
2p	Open Gym	Family Play	Reserved for Program	Reserved for Class 4:30p-7:30p
3p	Reserved for Program	Reserved for Childwatch	Open Gym	
4:15p	Pick-up Basketball	Full Court Basketball	YMCA Closed	Open Training
5:30p				YMCA Closed
6p				YMCA Closed
7:30p	Full Court Basketball	Full Court Basketball	YMCA Closed	YMCA Closed
8p				YMCA Closed
9p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
Tuesday	Court 1	Court 2	Court 3	Beastmode
5a	Reserved for Program	Open Gym	Reserved for Program	Reserved for Class 5:30a-6:30a
6:30a	Open Gym			Open Training
7a				Reserved for Class 9a-11a
8a		Open Training		
9a			Open Gym	
10a	Pick-up Basketball	Open Gym	Open Gym	Reserved for Class 5:30p-7:30p
11:15a				
12p				Open Gym
1p	Full Court Basketball	Full Court Basketball	Reserved for Kid Fitness & Youth Cardio/Strenath Class	Open Training
2p				
3p	Pick-up Basketball	Family Play	Open Gym	Reserved for Class 5:30p-7:30p
4:15p		Reserved for Childwatch		
5:30p		Family Play		
6p	Full Court Basketball	Full Court Basketball	YMCA Closed	Open Training
7p				YMCA Closed
8p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
9p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed



# GYM SCHEDULE

Fall 2022

PRISMA HEALTH FAMILY YMCA



Wednesday	Court 1	Court 2	Court 3	Beastmode
5a	Full Court Basketball	Full Court Basketball	Open Gym	Reserved for Class 5:30a-6:30a
6a				Open Training
7a				Reserved for Class 9a-11a
8a	Open Gym	Open Gym <small>(Used for childwatch when needed)</small>	Reserved for Program	Open Training
9a	Reserved for Program	Open Gym		Reserved for Class 4:30p-7:30p
10a	Open Gym	Open Gym		Open Training
11:15a	Full Court Basketball	Family Play	Open Gym	Reserved for Class 9a-11a
12p				Open Training
1p				Reserved for Class 4:30p-7:30p
2p	Open Gym	Reserved for Childwatch	Open Gym	Open Training
3p	Reserved for Program	Full Court Basketball		YMCA Closed
4:15p	Pick-up Basketball	YMCA Closed		YMCA Closed
5:30p	Full Court Basketball	Full Court Basketball	YMCA Closed	Open Training
6p				YMCA Closed
7:30p				YMCA Closed
8p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
9p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
Thursday	Court 1	Court 2	Court 3	Beastmode
5a	Reserved for Program	Open Gym	Reserved for Program	Reserved for Class 5:30a-6:30a
6:30a	Open Gym			Open Training
7a	Reserved for Program			Reserved for Class 9a-11a
8a	Reserved for Program	Open Gym <small>(Used for childwatch when needed)</small>	Open Gym	Open Training
9:30a	Open Gym	Open Gym		Reserved for Class 5:30p-7:30p
10a	Open Gym	Open Gym		Open Training
12p	Full Court Basketball	Family Play	Reserved for Kid Fitness & Youth Cardio/Strength Class	Reserved for Class 9a-11a
1p				Open Training
2p				Reserved for Class 5:30p-7:30p
3p	Pick-up Basketball	Reserved for Childwatch	Open Gym	Open Training
4:15p				YMCA Closed
5:30p				YMCA Closed
6p	Full Court Basketball	Full Court Basketball	YMCA Closed	Open Training
7p				YMCA Closed
8p				YMCA Closed
9p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed

<b>Friday</b>	<b>Court 1</b>	<b>Court 2</b>	<b>Court 3</b>	<b>Beastmode</b>
5a	Full Court Basketball	Full Court Basketball	Open Gym	Reserved for Class 5:30a-6:30a
6a				Open Training
7a				Reserved for Class 9a-11a
8a	Open Gym	Open Gym (Used for childwatch when needed)	Reserved for Program	Open Training
9a	Reserved for Program			
10a	Open Gym			
11:15a	Full Court Basketball	Full Court Basketball	Open Gym	Open Training
12p				
1p				
2p	Pick-up Basketball	Family Play	YMCA Closed	YMCA Closed
3p		Reserved for Childwatch		
4:15p		Family Play		
5:30p		Full Court Basketball		
6p	Full Court Basketball	Full Court Basketball	YMCA Closed	YMCA Closed
7p				
8p				
9p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
<b>Saturday</b>	<b>Court 1</b>	<b>Court 2</b>	<b>Court 3</b>	<b>Beastmode</b>
7a	Open Gym	Open Gym	Open Gym	Open Training
8a	Reserved for Program	Reserved for Childwatch	Reserved for Program	Reserved for Class 9a-10a
9a				
10a				
11a	Family Play	Family Play	Open Gym	Open Training
11:30a				
12p				
2p	Full Court Basketball	Full Court Basketball	YMCA Closed	YMCA Closed
3p				
4p				
5p	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed
<b>Sunday</b>	<b>Court 1</b>	<b>Court 2</b>	<b>Court 3</b>	<b>Beastmode</b>
1p	Pick-up Basketball	Family Play	Open Gym	Open Training
3p				
5p				YMCA Closed

<b>FAMILY PLAY</b>	A safe space for youth and their caretakers to practice, shoot and play
<b>OPEN GYM</b>	Court available for individual or group shooting and play.
<b>PICK-UP BASKETBALL</b>	Open for pick-up basketball games
<b>FULL COURT BASKETBALL</b>	Full court games played on courts 1 & 2
<b>RESERVED FOR PROGRAM</b>	Area reserved for program participants during a Y program
<b>OPEN TRAINING</b>	Area available for individual exercising and functional training