

NORTHWEST FAMILY YMCA

Gym 1 Schedule July 10 - September 2

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm	OPEN GYM IF NO ACTIVITY LISTED						
1:00pm							
2:00pm							
3:00pm							
4:00pm		Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	
5:00pm		Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	
6:00pm		Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	
7:00pm		Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	
8:00pm		Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	Tween/Teen Pick up Basketball	
9:00pm- Close							

*****SCHEDULE IS SUBJECT TO CHANGE*****

Gym 3 & Sport Courts will have limited availability during school summer to accommodate our Summer Camps.

NORTHWEST FAMILY YMCA

Gym 2 Schedule July 10 - September 2

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm	OPEN ADULT GYM IF NO ACTIVITY LISTED						
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm		Adult Pick up Basketball		Adult Pick up Basketball	Adult Pick up Basketball	Adult Pick up Basketball	
6:00pm		Adult Pick up Basketball	*Adult Member Bball League	Adult Pick up Basketball	Adult Pick up Basketball	Adult Pick up Basketball	
7:00pm		Adult Pick up Basketball	*Adult Member Bball League	Adult Pick up Basketball	Adult Pick up Basketball	Adult Pick up Basketball	
8:00pm		Adult Pick up Basketball	*Adult Member Bball League	Adult Pick up Basketball	Adult Pick up Basketball	Adult Pick up Basketball	
9:00pm - Close			*Adult Member Bball League				

*****SCHEDULE IS SUBJECT TO CHANGE*****

* Registration Required for this program

Gym 3 & Sport Court 3 will have limited availability during summer to accommodate our Summer Camps

NORTHWEST FAMILY YMCA

Gym 3 Schedule July 10 - September 2

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
8:00am							
9:00am	Pick Up Pickle Ball		Pick Up Pickle Ball		Pick Up Pickle Ball	Pick Up Pickle Ball	
10:00am	Pick Up Pickle Ball	Kinder Sports 10:30-11:15	Pick Up Pickle Ball	Kinder Basketball 10:30-11:15	Pick Up Pickle Ball	Pick Up Pickle Ball	
11:00am	Pick Up Pickle Ball	Kinder Sports 10:30-11:15	Pick Up Pickle Ball	Kinder Basketball 10:30-11:15	Pick Up Pickle Ball	Pick Up Pickle Ball	
12:00pm	Pick Up Pickle Ball		Pick Up Pickle Ball		Pick Up Pickle Ball	Pick Up Pickle Ball	
1:00pm							
2:00pm	OPEN GYM IF NO ACTIVITY LISTED						
3:00pm							
4:00pm	Women's Pick Up Basketball						
5:00pm	Women's Pick Up Basketball	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	Youth Bball Skills 5:15-6:00	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	
6:00pm	Women's Pick Up Basketball	Youth/Family Pick up Basketball	Adult Pick up Basketball	Bball Skills & Drills 6:00-7:00	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	
7:00pm		Youth/Family Pick up Basketball	Adult Pick up Basketball	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	
8:00pm		Youth/Family Pick up Basketball	Adult Pick up Basketball	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	Youth/Family Pick up Basketball	
9:00pm-Close							

*****SCHEDULE IS SUBJECT TO CHANGE*****

* Registration Required for this program

Gym 3 & Sport Court 3 will have limited availability during summer to accommodate our Summer Camp.

NORTHWEST FAMILY YMCA

Turf Field Schedule

July 10 - September 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIELD AVAILABILITY:						
<p>8am-11am OPEN</p> <p>11am-12pm *LAX ONLY</p> <p>12pm-6pm OPEN</p>	<p>5:30am-10:30am OPEN</p> <p>*10:30am-12:30pm Kinder Sports</p> <p>12:30-7pm OPEN</p> <p>7pm-8pm *LAX ONLY</p> <p>8pm-10pm OPEN</p>	<p>5:30am-4pm OPEN</p> <p>4pm-5pm *LAX ONLY</p> <p>5pm-10pm OPEN</p>	<p>5:30am-7pm OPEN</p> <p>7pm-10pm Adult Pick-Up Soccer</p>	<p>5:30-10:15am OPEN</p> <p>*10:15-11:30am Kinder Soccer</p> <p>11:30-5pm OPEN</p> <p>*5pm-7pm Youth/Tween/Teen Soccer</p> <p>7pm-10pm OPEN</p>	<p style="background-color: yellow; text-align: center;">Reminder children under the age of 8 MUST be with an adult</p> <p>5:30am-5pm OPEN</p> <p>5pm-6pm *LAX ONLY</p> <p>6pm-10pm OPEN</p>	<p>5:30-10:30am OPEN</p> <p>10:30am-12pm *LAX ONLY</p> <p>12pm-8pm OPEN</p>
<p>OPEN = General Play, No Lax Shooting or Wall Ball (Wall Ball allowed in Sports Courts 2 & 3) NO REAL LAX BALLS DURING OPEN TIMES *SEE A SPORTS STAFF TO GET A PRACTICE LAX BALL</p>						
<p>*Helmets/Goggles are REQUIRED for any LAX ONLY times (Helmets & Goggles not provided)</p>						

*****SCHEDULE IS SUBJECT TO CHANGE*****

**Registration Required for these programs

Gym 3 & Sport Court 3 will have limited availability during summer to accommodate our Summer Camps.