

Manlius YMCA

Turf Schedule September 2017

Family Time is designated for 3-7 year old and parents to play on the turf

Helmets and goggles are REQUIRED for lacrosse shooting.

No cleats allowed

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Boot Camp		Boot Camp		Boot Camp	
7:00am							
8:00am							Boot Camp 8:30-9:30am
9:00am		WERQ	Boot Camp	WERQ	Boot Camp	Piloxing	
10:00am		HIIT					
11:00am			Beginner Boot Camp		Beginner Boot Camp		
12:00pm							
1:00pm	Birthday Party 9/24/17 FULL FIELD						
2:00pm							
3:00pm		SACC Program	SACC Program	SACC Program	SACC Program	SACC Program	
4:00pm		Athletic Performance		Athletic Performance			
5:00pm		Athletic Performance 5:30-6:30p		Athletic Performance 5:30-6:30p			
6:00pm	Family Time 5:30-7:00p	Family Time 5:30-7:00p			Family Time 5:30-7:00p		Family Time 5:30-7:00p
7:00pm							
8:00pm							
9:00pm-Close							

**FULL FIELD OPEN IF NO ACTIVITY LISTED
1/2 FIELD AVAILABLE IF ACTIVITY LISTED**

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