



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December Gym Guilderland YMCA

Gym A						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family Gym 05:00-12:00pm	Family Gym 05:00-03:30pm	Family Gym 05:00-10:00am	Family Gym 05:00-09:00am	Family Gym 05:00-12:00pm	
Family Gym 07:00-09:00am						Family Gym 07:00-09:00am
Pick-up Basketball - 20 and older 09:00-11:15am				Little Sports 09:00-10:30am		Basketball League - Youth 09:00-04:30pm
			Soccer - Youth 10:00-10:30am	Family Gym 10:30-03:30pm		
Gymnastics 11:15-02:00pm						
	Lunch Basketball - 20 and older 12:00-01:30pm		Lunch Basketball - 20 and older 12:00-01:30pm		Lunch Basketball - 20 and older 12:00-01:30pm	
	Family Gym 01:30-03:30pm		Family Gym 01:30-03:30pm		Family Gym 01:30-04:00pm	
Family Gym 02:00-07:00pm						
	Prime Time 03:30-06:30pm	Prime Time 03:30-05:00pm	Prime Time 03:30-07:00pm	Prime Time 03:30-05:30pm		
					Prime Time 04:00-06:00pm	Family Gym 04:30-06:30pm
		Soccer - Youth 05:00-06:30pm	Soccer - Youth 05:30-07:00pm	Family Gym 05:30-07:00pm		
	High School Basketball 06:30-10:00pm		Volleyball League - Adult 06:30-10:00pm		Basketball League - Youth 06:00-07:30pm	
		Floor Hockey - Adult 07:00-09:00pm		Open Gym 07:00-10:00pm	Family Gym 07:30-10:00pm	
Gym B						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 05:00-12:00pm	Open Gym 05:00-09:00am	Open Gym 05:00-12:00pm	Open Gym 05:00-06:15pm	Open Gym 05:00-12:00pm	
Open Gym 07:00-09:00am						Open Gym 07:00-09:00am



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Gym B						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pick-up Basketball - 20 and older 09:00-12:00pm						Basketball League - Youth 09:00-04:30pm
		Pick-up Basketball - Over 60 10:00-12:00pm				
Family Gym 12:00-03:30pm	Lunch Basketball - 20 and older 12:00-01:30pm	Open Gym 12:00-06:30pm	Lunch Basketball - 20 and older 12:00-01:30pm		Lunch Basketball - 20 and older 12:00-01:30pm	
	Open Gym 01:30-06:30pm		Open Gym 01:30-05:00pm		Open Gym 01:30-06:00pm	
Open Gym 03:30-07:00pm						
						Open Gym 04:30-06:30pm
			YBC 05:00-06:30pm			
	High School Basketball 06:30-10:00pm		Volleyball League - Adult 06:30-10:00pm	Basketball League - Over 45 06:15-10:00pm	Basketball League - Youth 06:00-07:30pm	
		Pick-up Basketball - Over 30 (coed) 07:00-10:00pm			Open Gym 07:30-10:00pm	

December 18-24: Subject to change without notice.