

Albemarle Family YMCA

We encourage the values of caring, honesty, respect, responsibility & faith.

Adults: 18 & up
Teens: 13 to 17

GYMNASIUM

EFFECTIVE THROUGH
MAR. 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM - 9:00AM	OPEN GYM 5:00AM - 5:00PM	OPEN GYM 5:00AM - 9:00AM	OPEN GYM 5:00AM - 10:00AM	OPEN GYM 5:00AM - 9:15AM	<i>Schedule is subject to change.</i>	
COA CLASS 9:00AM - 10:00AM		COA CLASS 9:00AM-10:00PM		COA CLASS 9:00AM-10:00AM		
OPEN GYM 10:00AM - 2:00PM		OPEN GYM 10:00PM-2:00PM	BOOT CAMP 10:00AM-11:00AM	OPEN GYM 10:00AM - 2:00PM	Y SPORTS 9:00AM-12:00PM	OPEN GYM 1:00AM - 6:00PM 
COA CLASS 2:00PM-3:00PM		COA CLASS 2:00PM-3:00PM	OPEN GYM 11:00AM - 5:00PM	COA CLASS 2:00PM-3:00PM	OPEN GYM 12:00PM-6:00PM	
OPEN GYM 3:00PM - 6:30PM	Y SPORTS 5:00PM-7:30PM	OPEN GYM 3:00PM-6:30PM	Y SPORTS 5:00PM-6:30PM			
TAE KWON DO 6:30PM-7:30PM		TAE KWON DO 6:30PM-7:30PM	35+ BASKETBALL 6:30PM-9:00PM			
OPEN GYM 7:30PM - 9:00PM	OPEN GYM 7:30PM-9:00PM	OPEN GYM 7:30PM - 9:00PM				

Gym closes 15 minutes prior to facility closing for cleaning.

schedule revised 02/09/10

RULES FOR ADULT VOLLEYBALL

All levels of experience are encouraged to play. Everyone must be allowed to participate.

The YMCA encourages playing non-competitive games.

RULES FOR BASKETBALL DURING OPEN GYM

Play half-court or shoot some hoops. No full-court basketball is allowed during Open Gym. Everyone must be allowed to participate.

Please do not shoot baskets until volleyball net has been cleared.



**ACTIVATE
AMERICA**