



We build strong kids, strong families, strong communities

YMCA South Hampton Roads  
Serving Coastal Virginia and Northeastern North Carolina

# Effingham Street Family YMCA

## August 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM	8AM- 6PM	12AM- 6PM
<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>
6:30AM- 6PM	6:30AM- 6PM	6:30AM- 6PM	6:30AM- 6PM	6:30AM- 6PM		
<b><u>SUMMER</u></b> <b><u>CAMP</u></b>	<b><u>SUMMER</u></b> <b><u>CAMP</u></b>	<b><u>SUMMER</u></b> <b><u>CAMP</u></b>	<b><u>SUMMER</u></b> <b><u>CAMP</u></b>	<b><u>SUMMER</u></b> <b><u>CAMP</u></b>		
6-9PM	6-9PM	6-9PM	6-9PM	6-9PM		
<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>	<b><u>OPEN</u></b> <b><u>GYM</u></b>		