



We build strong kids, strong families, strong communities

YMCA South Hampton Roads  
Serving Coastal Virginia and Northeastern North Carolina

# MARCH 2010

# GYM SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	2 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:00-8:00 Youth Sports	3 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:30-7:30 Special Olympics Practice	4 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:00-8:00 Youth Sports	5 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	6 8:30-9:30 Boot Camp  9:30-10:30 Pee Wee Sports
7 1:00-6:00 Open Gym	8 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	9 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:00-8:00 Youth Sports	10 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	11 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:00-8:00 Youth Sports	12 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	13 8:30-9:30 Boot Camp  9:30-10:30 Pee Wee Sports
14 1:00-6:00 Open Gym	15 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	16 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	17 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 6:30-7:30 Special Olympics Practice	18 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	19 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	20 8:30-9:30 Boot Camp  9:30-10:30 Pee Wee Sports
21 1:00-6:00 Open Gym	22 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	23 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	24 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	25 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	26 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	27 8:30-9:30 Boot Camp  9:30-10:30 Pee Wee Sports
28 1:00-6:00 Open Gym	29 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	30 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym	31 6:00-11:30 Open Gym 12:00-2:00 Adult Pickup 2:30-9:00 Open Gym			

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.