



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GYM SCHEDULE

## HILLTOP FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	8:00-9:00 Open Gym	10:00-1:00 Open Gym
6:00-9:00 Before School Program	6:00-9:00 Before School Program	6:00-9:00 Before School Program	6:00-9:00 Before School Program	6:00-9:00 Before School Program	9:00-4:00 Youth Sports Program	
9:00-12:00 Open Gym	9:00-12:00 Open Gym	9:00-12:00 Open Gym	9:00-12:00 Open Gym	9:00-12:00 Open Gym		
12:00-1:00 Kindergarten Program	12:00-1:00 Kindergarten Program	12:00-1:00 Kindergarten Program	12:00-1:00 Kindergarten Program	12:00-1:00 Kindergarten Program		1:00-3:00 Reserved
1:00-2:00 Open Gym	1:00-2:00 Open Gym	1:00-2:00 Open Gym	1:00-2:00 Open Gym	1:00-2:00 Open Gym		
2:00-6:00 After School Program	2:00-6:00 After School Program	2:00-6:00 After School Program	2:00-6:00 After School Program	2:00-6:00 After School Program	4:00-6:00 Open Gym	3:00-5:00 Open Gym
6:00-7:30 Youth Sport Program	6:00-7:00 Youth Sport Program	6:00-7:30 Youth Sport Program	6:00-7:30 Youth Sport Program	6:00-7:00 Open Gym		
7:30-9:30 Open Gym	7:00-9:30 Adult Pick Up Basketball	7:30-9:30 Open Gym	7:30-9:30 Open Gym	7:30-9:30 Open Gym		
9:30-10:00 Closed for Cleaning	9:30-10:00 Closed for Cleaning	9:30-10:00 Closed for Cleaning	9:30-10:00 Closed for Cleaning	9:30-10:00 Closed for Cleaning		

### Hilltop Family YMCA

1536 Laskin Road, Virginia Beach, VA 23451

P 757 422 3805 F 757 422 3954 ymcashr.org