

YSPORTS™

We build strong kids, strong families, strong communities

YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|---|--------------------------------|
| 5:30-10:00 Open Gym (F) | 5:30-11:30 Open Gym (F) | 5:30-11:30 Open Gym (F) | 5:30-11:30 Open Gym (F) | 5:30-11:30 Open Gym (F) | 8:00-12:00 Open Gym (F) | 10:00-12:00 Open Gym (F) |
| 10:00-10:45 Tiny Tumbling (W) | 11:30-12:30 Cleaning (F) | 11:30-12:30 Cleaning (F) | 11:30-12:30 Cleaning (F) | 11:30-12:30 Cleaning (F) | 12:00-1:00 Cleaning (F) | 12:00-1:00 Cleaning (F) |
| 10:45-11:30 Pre-school Tumbling (W) | 12:30-5:00 Open Gym (F) | 12:30-4:30 Open Gym (F) | 12:30-5:00 Open Gym (F) | 12:30-5:00 Open Gym (F) | 1:00-3:00 Bryant & Stratton Basketball Practice (F) | 1:00-5:45 Open Gym (F) |
| 11:30-12:30 Cleaning (F) | 5:00-6:00 Cleaning (F) | 4:30-5:30 Cleaning (F) | 5:00-6:00 Cleaning (F) | 5:00-6:00 Cleaning (F) | | |
| 12:30-5:00 Open Gym (F) | 6:00-6:45 Gymnastics (W) | 5:30-7:30 Men's 35 + Basketball (E) | 6:00-7:00 Youth Cheering (W) | 6:00-9:45 Open Gym (F) | 3:00-5:45 Open Gym (F) | |
| 5:00-5:30 Cleaning (F) | 6:00-8:00 Youth/Adult Karate (E) | 5:30-8:00 Youth B-Ball Practice (W) | 6:00-7:00 Youth Karate (E) | *** Parents Night Out 1 st & 3 rd Friday Of Each Month (F) 6:00-9:00 *** | Please respect all YMCA Core values... Caring Honesty Respect Responsibility Faith As well as all Gymnasium guidelines... No food or drink in the gym. | |
| 5:30-7:30 Men's 35 + Basketball (E) | 7:00-8:30 Youth B-Ball Practice (W) | 8:00-9:45 Open Gym (F) | 7:15-8:45 Youth B-Ball Practice (F) | | | |
| 6:00-6:45 PeeWee Sports | 8:30-9:45 Open Gym (F) | | 8:45-9:45 Open Gym (F) | | | |
| 7:00-8:00 Youth B-Ball Practice (W) |  | | | | | |
| 8:00-9:45 Open Gym (F) | | | | | | |

(F) = Full Gym (E) = East Side (W) = West side

Mt. Trashmore Family YMCA: We build strong kids, strong families, and strong communities.

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