



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

## Mt. Trashmore YMCA GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am <b>Open Gym</b> (F)	5:30-6:30am <b>Open Gym</b> (F)	5:30-6:30am <b>Open Gym</b> (F)	5:30-6:30am <b>Open Gym</b> (F)	5:30-6:30am <b>Open Gym</b> (F)		10:00-5:45pm <b>Open Gym</b> (F)
6:30-9:30am <b>Open Gym (W)</b> 6:30-9:30am <b>B/A (E)</b>	6:30-9:30am <b>Open Gym (W)</b> 6:30-9:30am <b>B/A (E)</b>	6:30-9:30am <b>Open Gym (W)</b> 6:30-9:30am <b>B/A (E)</b>	6:30-9:30am <b>Open Gym (W)</b> 6:30-9:30am <b>B/A (E)</b>	6:30-9:30am <b>Open Gym (W)</b> 6:30-9:30am <b>B/A (E)</b>		
10:00-12:00pm <b>Preschool (W)</b>	10:00-12:00pm <b>Preschool (W)</b>	10:00-12:00pm <b>Preschool (W)</b>	10:00-12:00pm <b>Preschool (W)</b>	10:00-12:00pm <b>Preschool (W)</b>		
12:00-12:30pm <b>Closed for Cleaning</b>	12:00-12:30pm <b>Closed for Cleaning</b>	12:00-12:30pm <b>Closed for Cleaning</b>	12:00-12:30pm <b>Closed for Cleaning</b>	12:00-12:30pm <b>Closed for Cleaning</b>		
12:30-2:30pm <b>Open Gym (W)</b>	12:30-2:30pm <b>Open Gym (W)</b>	12:30-2:30pm <b>Open Gym (W)</b>	12:30-2:30pm <b>Open Gym (W)</b>	12:30-2:30pm <b>Open Gym (W)</b>		
12:30-5:30pm <b>B/A (F)</b>	12:30-5:30pm <b>B/A (F)</b>	12:30-5:30pm <b>B/A (F)</b>	12:30-5:30pm <b>B/A (F)</b>	12:30-5:30pm <b>B/A (F)</b>		
5:30-7:30p <b>Men's Basket- ball</b> (E)		5:30-7:30p <b>Men's Basketball</b> (E)	6:00-8:00p <b>Karate</b> (E)	5:30-8:45p <b>Open Gym</b> (W)	4:00-5:45p <b>Open Gym</b> (F)	
	6:00-8:00pm <b>Karate</b> (E)	6:00-8:00p <b>Youth Basketball Practice</b> (W)	6:00-8:00p <b>Youth Basketball Practice</b> (W)	6:00p-7:00p <b>*Youth Basket- ball Clinic*</b> (E)		(W)- West Gym (E)- East Gym (F)- Full
7:30-9:45p <b>Open Gym</b> (F)	8:00-9:45p <b>Open Gym</b> (F)	8:00-9:45p <b>Open Gym</b> (F)	8:00-9:45p <b>Open Gym</b> (F)	Parent's Night Out 1 <sup>st</sup> and 3 <sup>rd</sup> Friday of every month 7:00-9:00p (F)		