



We build strong kids, strong families, strong communities

YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Mt. Trashmore Family YMCA

Summer 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00 Open Gym (F)	5:30-8:00 Open Gym (F)	5:30-8:00 Open Gym (F)	5:30-8:00 Open Gym (F)	5:30-8:00 Open Gym (F)	8:00-12:00 Youth Basketball (W)	10:00-1:00 Open Gym (F)
8:00-11:00 Summer Camp (F)	8:00-11:00 Summer Camp (F)	8:00-11:00 Summer Camp (F)	8:00-11:00 Summer Camp (F)	8:00-11:00 Summer Camp (F)	12:00-2:00 Youth Basketball (F)	1:00-2:00 Cleaning (F)
11:00-12:00 Cleaning (F)	11:00-12:00 Cleaning (F)	11:00-12:00 Cleaning (F)	11:00-12:00 Cleaning (F)	11:00-12:00 Cleaning (F)	2:00-3:00 Cleaning (F)	2:00-6:00 Open Gym
12:00-5:00 Summer Camp (F)	12:00-5:00 Summer Camp (F)	12:00-5:00 Summer Camp (F)	12:00-5:00 Summer Camp (F)	12:00-5:00 Summer Camp (F)	3:00-8:00 Open Gym (F)	
5:00-5:30 Summer Camp (W)	5:00-5:30 Summer Camp (W)	5:00-5:30 Summer Camp (W)	5:00-5:30 Summer Camp (W)	5:00-5:30 Summer Camp (W)		
5:00-5:30 Cleaning (E)	5:00-5:30 Cleaning (E)	5:00-5:30 Cleaning (E)	5:00-5:30 Cleaning (E)	5:00-5:30 Cleaning (E)		
5:30-7:30 Men's 35+ ½ Gym (E)	5:30-6:00 Cleaning (W)	5:30-6:00 Cleaning (W)	5:30-6:00 Cleaning (W)	5:30-6:00 Cleaning (W)		
5:30-6:00 Cleaning (W)	6:00-7:15 Youth Basketball (W)	5:30-7:30 Men's 35+ ½ Gym (E)	6:00-7:15 Youth Basketball (W)	6:00-10:00 Open Gym (F)		
6:00-10:00 Open Gym (F)	6:00-7:00 Karate (E)	6:00-6:45 Youth Basketball (W)	6:00-7:00 Karate (E)			
	7:15-8:15 Youth Basketball (F)	6:45-10:00 Open Gym	7:15-8:15 Youth Basketball (F)			
	8:15-10:00 Open Gym		8:15-10:00 Open Gym (F)			

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

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