

YGYMNASIUM™

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, Virginia 23505
757-622-9622

Winter 2010

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	5:00 10:00 AM Adult Gym	5:00 10:00 AM Adult Gym	5:00 10:00 AM Adult Gym	5:00 10:00 AM Adult Gym	5:00 9:30AM Adult Gym	Did you know? Basketball was invented by James Naismith in 1891& volleyball was invented in 1895 by William G. Morgan. Both games originated at the YMCA. 7:00—10:00 AM Adult Gym	
AM	10:00 11:30 AM Open Gym	10:00 11:30 AM Open Gym	10:00 11:30 AM Open Gym	10:00 11:30 AM Open Gym	9:30—11:30 AM 40 & Over Open Gym	10:00 —4:00 PM Youth B-ball League Games	
Lunch	11:30—1:30 PM Adult Gym	11:30—1:30 PM Adult Gym	11:30—1:30 PM Adult Gym	11:30—1:30 PM Adult Gym	11:30—1:30 PM Adult Gym		
PM	1:30—5:00 PM Open Gym	1:30—6:00 PM Open Gym	1:30—5:00 PM Open Gym	1:30—5:00 PM Open Gym	1:30—5:00 PM Open Gym	4:00— 7:00 PM Adult Gym	
	5:00—6:00 PM 1-3rd Grade B-ball League Practice		5:00—6:00 PM 1-3rd Grade B-ball League Practice	5:00—6:00 PM 1-3rd Grade B-ball League Prac-			
	6:00—7:00 PM 3-5th Grade B-ball League Practice	6:00—10:00 PM Adult Volleyball League	6:00—7:00 PM 3-5th Grade B-ball League Practice	6:00—7:00 PM 3-5th Grade B-ball League Prac-			
	7:00—8:00 PM MS & HS B-ball League Practice		7:00—8:00 PM MS & HS B-ball League Practice	7:00—8:00 PM MS & HS B-ball League Practice			
	8:00—10:00 PM Adult Gym		8:00—10 :00PM Adult Open Volleyball	8:00—10:00 PM Adult Gym	8:00—9:00 PM Adult Gym		
					YMCA Players Creed: Win or lose, I pledge before God to play the game the best that I can-to be a team player, to respect my opponents, the rules and officials , and to improve myself in spirit, mind and body.		