



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

# GYMNASIUM SCHEDULE

**BLOCKER NORFOLK FAMILY YMCA**

**January - March, 2012**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early AM</b>	5 - 10am Adult Gym	5 - 10am Adult Gym	5 - 9:30am Adult Gym	5 - 10am Adult Gym	5 - 9:30am Adult Gym	Open Gym—Half court, families welcome Adult Gym—Full Court Pick Up, 16 and over	
						7 - 9am Adult Gym	7 - 11am Open Gym
<b>AM</b>	10 - 11:30am Open Gym	10 - 11am HYPE	9:30 - 11am Open Gym	10 - 11am HYPE	9:30 - 11:30am 40 & Over Adult Gym	9am - 4pm Youth Basketball League	
<b>Lunch</b>	11:30 - 1:30pm Adult Gym	11 - 1:30pm Adult Gym	11 - 1:30pm Adult Gym	11 - 1:30pm Adult Gym	11:30 - 1:30pm Adult Gym	11 - 3pm Adult Gym	
<b>PM</b>	1:30 - 5pm Open Gym	1:30 - 5pm Open Gym	1:30 - 5pm Open Gym	1:30 - 5pm Open Gym	1:30 - 4pm Open Gym		
		5 - 8pm Youth Basketball League	5 - 8pm Youth Basketball League	5 - 8pm Youth Basketball League	4 - 5:20pm Adult Gym	4pm - 7pm Adult Gym	
					5:25 - 6:25pm Zumba	3 - 7pm Open Gym	
	5 - 10pm Adult Gym	8 - 10pm Adult Gym	8 - 10pm Adult Open Volleyball	8 - 10pm Adult Gym	6:30 - 9pm Adult Gym	<b>YMCA Players Creed:</b> 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.	