



Gymnasium

Suffolk Family YMCA

Fall/Winter Gymnasium Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	GYM HOURS 5:00am-10pm	GYM HOURS 5:00am-10pm	GYM HOURS 5:00am-10pm	GYM HOURS 5:00am-10pm	GYM HOURS 5:00am-10pm	GYM HOURS 8:00am-6pm	GYM HOURS 11:00am-6pm			
5:00-9:00am	Open Play	Open Play	Open Play	Open Play	Open Play	Open Play ALL DAY!	Family Play ALL DAY!			
9:30-10:00am	GEKO Open Play	Family Play Open Play	GEKO Open Play	Family Play Open Play	GEKO Open Play					
10:30-12:00pm	Open Play	Open Play	Open Play	Corporate Play	Open Play					
12:00 - 4:00pm				Open Play						
4:00-5:00pm	Childcare	Childcare	Childcare	Childcare	Childcare					
5:00-6:00pm	Open Play	Teen Ball	Open Play	Family Play	Open Play			Family Play	Childcare Play (5:00-6:00)	
6:00-7:00pm		SPARK	Open Play	Boot Camp 6:15-7:15pm	Open Play			SPARK		Teen Ball
7:00-8:30pm		Teen Ball			Open Play			Family Play		
8:30-10:00pm	Open Play	Open Play	Volleyball (7-10pm)	Open Play	Open Play					

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.

We're for Youth Development, Healthy Living, and Social Responsibility