



BIG GYM ~ WINTER Session ~ Jan. 1 – Feb. 25, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM							
6:00-6:40 AM	Aerobics		Aerobics		Aerobics		
7:00-8:00 AM		NH N. Guard				Open	
8:00-9:00 AM		Pickleball		Pickleball			
9:00-10:00 AM		Pickleball		Pickleball		Power Hour	Open
10:00-11:00 AM		Second Start				GSRD whole gym	COUGARS Practices
11:00-12:00			APPLES GYM TIME whole gym		LEAP FROGS GYM whole gym	GSRD whole gym	COUGARS Practices
12:00-1:00 PM	HEAT					Family Time	Open
1:00-2:00 PM	Basketball 18+	Basketball	Basketball 18+	Basketball	Basketball 18+	Family Time	Open
2:00-2:45 PM		Second Start til 3	Kindergarten (AK) GYM TIME	Kindergarten (FD) GYM TIME		Family Time	Open
2:45-3:30 PM	Kydstop ½ (L) / Open (R)	3-3:30 Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	SEACOAST 3-6pm	SEACOAST 3-6 pm
3:30-4:30 PM	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	SEACOAST 3-6pm	SEACOAST 3-6pm
4:30-5:20 PM	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	SEACOAST 3-6pm	SEACOAST 3-6pm
5:20-6:25 PM	ZUMBA gym starts clearing at 5:20 class starts at 5:30	OPEN for Basketball	ZUMBA gym starts clearing at 5:20 class starts at 5:30	OPEN	ZUMBA gym starts clearing at 5:20 class starts at 5:30	Seacoast Y building closes at 6	Seacoast Y building closes at 6
6:30-7:45 PM	SEACOAST	SEACOAST	SEACOAST	SEACOAST	Open (L) / OPEN (R)	When schedule says "OPEN" it means for general use by members and guests. DOES NOT mean available to rent	
7:45-8:30 PM	OPEN (R) / 8PM GSRD (L)	Open	OPEN (R) / 8 PM GSRD (L)	Open	Open (L) / OPEN (R)		
8:30-10:00pm	GSRD – whole gym	Open	GSRD – whole gym	Open	Open		

New Year's Day (Monday) YMCA CLOSED.

* schedules subject to change based on enrollment** L= Left R= Right when entering the gym. Gym open for member use when space is available
NO Stereo use please unless with a class, If Kydstop isn't using gym during scheduled time it is open for use.

Revised 12.15.17 sf