



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated 1/18/12

GYM SCHEDULE

WINTER 2012 JANUARY 18TH-MARCH 31ST

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
5-7 am	Open Gym 5-8:00 am	Open Gym 5-11:00 am	Open Gym 5-8:00 am	Open Gym 5-9:00 am	Open Gym 5-8:00 am	Closed	Closed	
7-8 am								Adult Basketball 25 and up 7-9:00 am
8-9 am								Heart Wellness 8- 8:30 am
9-10 am	Open Gym 9-10:00 am		Open Gym 8:30 am - 9:30	Skill Center Red Court 9:-1:00 pm	Open Gym 8:30 - 5:00pm	Basketball League Games Start Feb. 4th	9:00 am –6:00 pm	
10-11 am	Home Choice 10-12:15 pm	Home Choice 11:00-1:15 pm	Stroller Fitness Red Ct. 9:30-10:30 am					Open Gym Black Court 9-1:00 pm
11 -12 pm			Open Gym 10:30-1:00 pm				Open Gym 12-5:00 pm	
12-1 pm	Open Gym 12:15-5:00 pm	Open Gym 1:15-5:00 pm	PE Program 1:00-2:30 pm	Open Gym 1:00-500 pm				
1-2 pm			Open Gym 2:30-5:30 pm					
2-3 pm								
3-4 pm								
4-5 pm								
5-6 pm	League Practice Red Court 5-7:00 pm	League Practice 5-6:00pm	Rookie Sports Red Ct. 5:30-6:15 pm	League Practice 5-8:00 pm	League Practice 5-7:00 pm			
6-7 pm	Open Gym Black Court 5-7:00 pm		League Practice Black Ct. 6-7:00					
7-9 pm	Open Gym 7-10:00 pm	Teen Basketball 6-10:00 pm	League Practice 7-9:00 pm		Open Gym 7-9:00 pm	Closed	Closed	
9-10 pm			Open Gym 9-10	Open Gym 8-10				



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GYM RULES

- Rookie Sports Wednesday Night 5:30-6:15 pm
 - Birthday Parties Available Evenings and Weekends
 - Indoor Play Park Monday-Friday 1-4:00 pm
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- For more information on Birthday parties and facility rentals email Nikki Donathan at ndonathan@ymca-portland.org or phone (360) 258-3829.
 - For more information on gym programming email Heidi White at hwhite@ymca-portland.org or phone (360) 258-3844.

GYM SCHEDULE MAY CHANGE TO MEET THE NEEDS OF
THE COMMUNITY & PROGRAMS OFFERED BY THE CLARK COUNTY FAMILY YMCA

Definitions:

Open Gym: Free flowing recreation time. All are welcome and activities will change according to the population present at the time.

League Practice and Games: Basketball for grades K-12. Must register through the YMCA in order to participate.

Adult Basketball Pick Up Games: Basketball for the 25 and over crowd. Non-Members welcome to participate for \$5/player.

Teen Basketball Pick Up Games: Basketball for the 25 and under crowd. Non-Members welcome to participate for \$5/player.

Rookie Sports: For boys and girls ages 3-6, this introductory level program is offered every month with a different sports theme. Must register through the YMCA to participate.

Indoor Play Park: Located in the rockwall area. Unstructured play time for toddlers-Pre- K. Open to everyone, non-members pay \$5 per child to attend

See a YMCA staff person for details on these and many other programs!

THANKS..... AND ENJOY YOUR YMCA EVERYDAY!

Facility Hours 5am-10pm M-Th, 5am-9pm Fri, 7am-6pm Sat. 12pm-5pm Sun.
Unless otherwise noted on the schedule.

CONTACT

Clark County Family YMCA
www.ymca-clarkcounty.org
360.885.9622