



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VanHoof Gymnasium

HEART OF THE VALLEY YMCA

January 9 - February 26, 2012

## FRONT HALF OF GYM:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	Open Gym 5:00-10:15 AM	Open Gym 5:00-10:15 AM	Open Gym 5:00-10:15 AM	Open Gym 5:00-10:15 AM	Open Gym 5:00-10:15 AM	Open Gym 6:00 - 8:30 AM	
9:00AM						Youth Basketball 8:30 AM-3:30 PM	Open Gym 9:00 AM-6:00 PM
10:00AM	Kids Corner 10:15-11:30 AM	Kids Corner 10:15-11:30 AM	Kids Corner 10:15-11:30 AM	Kids Corner 10:15-11:30 AM	Kids Corner 10:15-11:30 AM	Jan 7,14,21 28, & Feb 4	O P E N
11:00AM							
12:00 PM		Open Gym 11:30 AM - 1:15 PM				Youth Indoor Soccer: Feb 18, 25, Mar 3,10,17,24	G Y M
1:00 PM	Open Gym 11:30 AM-10:00 PM	Gym & Swim 1:15-2:00 PM	Open Gym 11:30 AM-10:00 PM	Open Gym 11:30 AM-5:30 PM	Open Gym 11:30 AM-10:00 PM		
2:00 PM							
3:00 PM	O P E N	O P E N	O P E N	O P E N	O P E N		
4:00 PM						Open Gym 3:30-6:00 PM	
5:00 PM							
6:00 PM	G Y M	Boot Camp 5:30-6:30 PM	G Y M	Boot Camp 5:30-6:30 PM	G Y M		
7:00 PM		Fit and Fun 6:30-7:30 PM		Fit and Fun 6:30-7:30 PM			
8:00 PM		Open Gym 7:30-10:00 PM		Open Gym 7:30-10:00 PM			
9:00 PM							

## BACK HALF OF GYM:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	Open Gym 5:00-10:15 AM	Open Gym 5:00-9:00 AM	Open Gym 5:00-8:45 AM	Open Gym 5:00-9:00 AM	Open Gym 5:00-9:30 AM	Open Gym 6:00 - 8:30AM	
9:00AM		Jr Fitness 9:15-10:00 AM	Jr Fitness 8:45-9:30 AM	Jr Fitness 9:00-9:45 AM		Youth Basketball 8:30 AM-3:30 PM	Open Gym 9:00 AM-6:00 PM
10:00AM	Tumble Sports 10:15-11:00 AM	KC 10:00-10:30 a.m Sports Sampler 10:30-11:30 AM	KC 9:30-10:30 a.m	Kids Corner 9:45 - 11:30 AM	Sports Sampler 9:30-10:30 AM Kids Corner 10:30-11:30 AM	Jan 7,14,21 28, & Feb 4	O P E N
11:00AM							
12:00 PM	Open Gym 11:00 - 4:00 PM	Open Gym 11:30 AM -1:00 PM	Open Gym 10:30 AM-6:00 PM	Open Gym 11:30 AM- 2:00 PM	Open Gym 11:30 - 10:00 PM	Youth Indoor Soccer: Feb 18, 25, Mar 3,10,17,24	G Y M
1:00 PM		Tumble soccer 1:15-2:00 PM		Preschool 1:30-2:00 PM			
2:00 PM		Open Gym 2:00-4:00 PM		Open Gym 2:00-4:00 PM	O P E N		
3:00 PM							
4:00 PM		Little Kickers 4:15-5:15 PM		Dodgeball 4:15-5:00 PM		Open Gym 3:30-6:00 PM	
5:00 PM		Boot Camp 5:30-6:30 PM	PC All Sports 6:15-7:00 PM	Boot Camp 5:30-6:30 PM	G Y M		
6:00 PM	PC All Sports 6:15 -7:00 PM	Fit and Fun 6:30-7:30 PM	Open Gym 6:45-10:00 PM	Fit and Fun 6:30-7:30 PM			
7:00 PM	Gym Rentals 7:00-9:00 PM 1/9, 2/6, 2/20	Open Gym 7:30-10:00 PM		Open Gym 7:30-10:00 PM			
8:00 PM							
9:00 PM							

**Open Gym - The gym is available for open shooting and cross court basketball. Full court basketball is not allowed.**

- 1) Cross court gAMes only 2) Play two games (win or lose) then rotate
- 3) All games to 11 points (win by 2 to 15)
- 4) Unsportsman like conduct, foul language & cheating not tolerated
- 5) Shoot for teams

**YMCA reserves the right to stop full and cross court games.**

**Gym reserved for Youth/Teen Night Jan 13, 24, Feb 3, 17**

**Schedule is subject to change without notice, please call ahead.**