



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VanHoof Gymnasium - BREAK WEEKS

HEART OF THE VALLEY YMCA

Dec 19, 2011-Jan 8, 2012

FRONT HALF OF GYM:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Open Gym 5:00-10:00 p.m.	Open Gym 5:00-5:15 p.m.	Open Gym 5:00-10:00p.m.	Open Gym 5:00-5:15 p.m.	Open Gym 5:00-10:00 p.m.	Open Gym 6:00 - 8:30 a.m.	
9:00am		Gym closed on Dec 27 ONLY from 9:30 - 12:30				Youth Basketball 8:30am-3:30pm on Jan 7th	Open Gym 9:00-6:00
10:00am						Gym is open on Dec 24 and Dec 31	O P E N
11:00am							G Y M
12:00pm	O P E N	O P E N	O P E N	O P E N	O P E N		
1:00pm							G Y M
2:00pm							
3:00pm	G Y M	G Y M	G Y M	G Y M	G Y M		
4:00pm						Open Gym 3:00-6:00 pm	Gym is closed Dec 25th
5:00pm							
6:00pm		Boot Camp 5:30-6:30 p.m.		Boot Camp 5:30-6:30 p.m.			
7:00pm							
8:00pm		Open Gym 6:30-10:00 p.m.		Open Gym 6:30-10:00 p.m.			
9:00pm							

BACK HALF OF GYM:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Open Gym 5:00-9:30 a.m.	Open Gym 5:00-9:30 a.m.	Open Gym 5:00-9:30 a.m.	Open Gym 5:00-9:30 a.m.	Open Gym 5:00-9:30 a.m.	Open Gym 6:00 - 8:30 a.m.	
9:00am	*9:30-11:30 Kids Corner	Gym closed on Dec 27 ONLY from 9:30 - 12:30	*9:30-11:30 Kids Corner	*9:30-11:30 Kids Corner	*9:30-11:30 Kids Corner	Youth Basketball 8:30 am-3:30pm on Jan 7th	Open Gym 9:00-6:00
10:00am						Gym is open on Dec 24 and Dec 31	O P E N
11:00am							G Y M
12:00pm	Open Gym 11:30-10:00 p.m.		Open Gym 11:30-10:00 p.m.	Open Gym 11:30-1:30 p.m.	Open Gym 11:30-10:00 p.m.		
1:00pm				Preschool 1:30-2:00 p.m.			
2:00pm	O P E N		O P E N		O P E N		
3:00pm				Open Gym 2:00-5:15p.m.			
4:00pm	G Y M		G Y M		G Y M	Open Gym 3:00-6:00 pm	Gym is closed Dec 25th
5:00pm							
6:00pm		Boot Camp 5:30-6:30 p.m.		Boot Camp 5:30-6:30 p.m.			
7:00pm		Open Gym 6:30-10:00 p.m.		Open Gym 6:30-10:00 p.m.			
8:00pm							
9:00pm							

Open Gym - The gym is available for open shooting, & 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) Sportsman like conduct, foul language & cheating not tolerated
- 5) Shoot for teams

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

***Kids Corner Reserves the right to gym time**

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

