

**Heart of the Valley YMCA
VAN HOOFF GYMNASIUM GYM A (front)**

Oct 25 - Dec 19, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Open Gym 5:00-10:15 a.m.	Open Gym 5:00-10:15 a.m.	Open Gym 5:00-10:15 a.m.	Open Gym 5:00-10:15 a.m.	Open Gym 5:00-10:15 a.m.	Open Gym 6:00-8:30 a.m.	
9:00						Youth Basketball League 8:30 - 3:30	Open Gym 9:00-6:00
10:00	Kids Corner 10:15 -11:30 a.m.	Kids Corner 10:15 -11:30 a.m.	Kids Corner 10:15 -11:30 a.m.	Kids Corner 10:15 -11:30 a.m.	Kids Corner 10:15 -11:30 a.m.	Begins on 11/13/10	O P E N
11:00							
12:00	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.		G Y M
1:00	Open Gym 1:00-10:00 p.m.	Open Gym 1:00-5:30 p.m.	Open Gym 1:00-10:00 p.m.	Open Gym 1:00-5:30 p.m.	Open Gym 1:00-10:00 p.m.		
2:00							
3:00	O P E N	O P E N	O P E N	O P E N	O P E N		
4:00						Open Gym 3:30-6:00 p.m.	
5:00							
6:00	G Y M	Boot Camp 5:30-6:30 p.m. Fit and Fun 6:30-7:30 p.m.	G Y M	Boot Camp 5:30-6:30 p.m. Fit and Fun 6:30-7:30 p.m.	G Y M		
7:00		Open Gym 7:30-10:00 p.m.		Open Gym 7:30-10:00 p.m.			
8:00							
9:00							

**Heart of the Valley YMCA
VAN HOOFF GYMNASIUM GYM B (Back)**

Oct 25 - Dec 19, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Open Gym 5:00-9:00 a.m.	Open Gym 5:00-9:00 a.m.	Open Gym 5:00-8:45 a.m.	Open Gym 5:00-9:00 a.m.	Open Gym 5:00-9:30 a.m.	Open Gym 6:00-8:30 a.m.	
9:00	Kids Corner 9:00-11:30 a.m.	Jr Fitness Boot Camp 9:15-10:00 a.m.	Jr Fitness 8:45-9:30 a.m.	Jr Fitness 9:00-9:45 a.m.	Sports Lead Up 9:30-10:30 a.m.	Youth Basketball League 8:30 - 3:30	Open Gym 9:00-6:00
10:00		K Co 10:00-10:30 a.m.	K Co 9:30-10:30 a.m.	Kids Corner 9:45 - 11:30 a.m.	Kids Corner 10:30-11:30 a.m.	Begins on 11/13/10	O P E N
11:00		Sports Lead Up 10:30-11:30	Little Goalies 10:30-11:30				
12:00	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.	Adult Basketball 11:30-1:00 p.m.		G Y M
1:00	Sports Lead Up 1:00-2:00 p.m.	Tumble Soccer 1:15-2:00 p.m.	Open Gym 1:00-6:00 p.m.	Gym and Swim 1:15-2:00 p.m.	Open Gym 1:00-10:00 p.m.		
2:00	Open Gym 2:00-4:00 p.m.	Open Gym 2:00-4:00 p.m.		Open Gym 2:00-4:00 p.m.			
3:00			O P E N		O P E N		
4:00						Open Gym 3:30-6:00 p.m.	
5:00	Little Goalies 4:15-5:15 p.m.	Little Goalies 4:15-5:15 p.m.		Dodgeball 4:15-5:00 p.m.			
6:00	PC All Sports 6:00-6:45 p.m.	Boot Camp 5:30-6:30 p.m. Fit and Fun 6:30-7:30 p.m.	PC All Sports 6:00-6:45 p.m.	Boot Camp 5:30-6:30 p.m. Fit and Fun 6:30-7:30 p.m.	G Y M		
7:00	Open Gym 6:45-10:00 p.m.	Gym Rental 7:45-9:15 Starts Dec 7	Open Gym 6:45-10:00 p.m.	Gym Rental 7:45-9:15 Starts Dec 9			
8:00							
9:00		Open		Open			

Adult Basketball (18 & older) The Y reserves the right to limit adult basketball games on non school days.

*** Gym reserved for Youth/Teen Night Nov 5, 19, Dec 3, 17

Basketball league begins Nov 13 and runs Nov 20, Dec 4, 11, 18

Schedule is subject to change without notice, please call ahead

