



# North Bay YMCA

## Open Gym Schedule

April 1 - June 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 9:30 Adult Open Gym	5:30 – 9:30 Adult Open Gym	5:30 – 9:30 Adult Open Gym	5:30 – 9:00 Adult Open Gym	5:30 – 9:30 Adult Open Gym	7:00 – 9:30 Adult Open Gym	7:00 – 9:00 Adult Open Gym
9:30 – 11:00 Gym Rental	9:30 – 11:00 Gym Rental	9:30 – 11:00 Gym Rental	9:15 – 10:00 Adult Fitness	9:30 – 11:00 Gym Rental	10:00 – 12:00 Child Programs	9:00 – 11:00 Pickleball
			10:05 – 10:45 Adult Fitness		12:00 – 1:00 Family Open Gym	11:00 – 1:00 Family Open Gym
11:00 – 1:00 Pickleball	11:00 – 1:00 Pickleball	11:00 – 1:00 Pickleball	11:00 – 1:00 Pickleball	11:00 – 1:00 Pickleball	1:00 – 4:00 Family Open Gym & Birthday Parties	1:00 – 4:00 Family Open Gym & Birthday Parties
			12:15 – 12:45 Adult Fitness		4:00 – 6:45 Teen/Adult Open Gym	4:00 – 6:45 Teen/Adult Open Gym
1:00 – 3:00 Gym Rental	1:00 – 3:00 Gym Rental	1:00 – 3:00 Gym Rental	1:00 – 3:00 Gym Rental	1:00 – 3:00 Gym Rental		
3:00 – 4:45 Gym Rental	3:00 – 4:45 Gym Rental	3:00 – 4:45 Gym Rental	3:00 – 4:45 Gym Rental	3:00 – 4:45 Gym Rental		
4:45 – 7:30 Child Programs	4:45 – 6:30 Child Programs	4:45 – 7:30 Child Programs	5:30 – 6:15 Adult Fitness	4:45 – 6:00 Teen Open Gym		
7:45 – 9:00 Teen Open Gym	6:45 – 9:00 Teen Open Gym	7:45 – 9:00 Teen Open Gym	6:30 – 7:00 Adult Fitness	6:00 – 8:00 Teen Night		
			7:15 – 8:00 Adult Fitness			
9:00 – 10:15 Adult Open Gym	9:00 – 10:15 Adult Open Gym	9:00 – 10:15 Adult Open Gym	8:15 – 10:15 Adult Floor Hockey	8:00 – 10:15 Teen Open Gym		

### Personal Training

Do you need extra motivation to work out? If so, check out our Personal Training packages.

A certified trainer will work with you to set goals and help you achieve those goals in a safe and timely manner. Inquire at Membership Services.

### Child Minding

This complimentary service is offered to our members to provide caregivers with an opportunity to drop off a child for supervised fun and games. Children 6 months to 6 years are welcome. Maximum time of 90 minutes.

Caregivers must remain at the YMCA.

Monday – Friday 9:00 – 1:00pm • Saturday – Sunday 9:00 – 12:00pm • Monday – Thursday 5:00 – 7:30pm