



# North Bay YMCA

## Open Gym Schedule

July 2 - August 31, 2018

### GYM A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 9:00 Adult Open Gym	5:30 – 9:00 Adult Open Gym	5:30 – 9:00 Adult Open Gym	5:30 – 9:00 Adult Open Gym	5:30 – 9:00 Adult Open Gym		
9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	7:00 – 9:00 Adult Open Gym	7:00 – 9:00 Adult Open Gym
9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:00 – 1:00 Family Open Gym	9:00 – 1:00 Family Open Gym
10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 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 – 2:00 Birthday Parties	1:00 – 2:00 Birthday Parties
1:00 – 4:30 Child Care Camp	1:00 – 4:30 Child Care Camp	1:00 – 4:30 Child Care Camp	1:00 – 4:30 Child Care Camp	1:00 – 4:30 Child Care Camp	2:00 – 3:00 Family Open Gym	2:00 – 3:00 Family Open Gym
4:30 – 6:00 Teen Open Gym	4:30 – 7:00 Teen Open Gym	4:30 – 6:00 Teen Open Gym	4:30 – 7:00 Teen Open Gym	4:30 – 6:00 Teen Open Gym	3:00 – 5:00 Adult Open Gym	3:00 – 5:00 Adult Open Gym
6:00 – 7:00 Youth Programs		6:00 – 7:00 Youth Programs		6:00 – 9:00 Teen Night		
7:00 – 10:30 Adult Open Gym	7:00 – 10:30 Adult Open Gym	7:00 – 10:30 Adult Open Gym	7:00 – 8:15 Adult Open Gym			
			8:15 – 10:15 Adult Floor Hockey			

### 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.

Child Minding Summer Schedule: Monday – Saturday 9:00am – 12:00pm



**North Bay  
YMCA**  
Open Gym Schedule  
July 2 - August 31, 2018

**GYM B**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 7:15 Adult Open Gym	5:30 – 7:15 Adult Open Gym	5:30 – 7:15 Adult Open Gym	5:30 – 7:15 Adult Open Gym	5:30 – 7:15 Adult Open Gym		
7:15 – 9:00 Recreation Camp	7:15 – 9:00 Recreation Camp	7:15 – 9:00 Recreation Camp	7:15 – 9:00 Recreation Camp	7:15 – 9:00 Recreation Camp	7:00 – 9:00 Adult Open Gym	7:00 – 9:00 Adult Open Gym
9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 9:30 Family Open Gym	9:00 – 1:00 Family Open Gym	9:00 – 1:00 Family Open Gym
9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp	9:30 – 10:30 Recreation Camp		
10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	10:30 – 11:00 Family Open Gym	1:00 – 2:00 Birthday Parties	1:00 – 2:00 Birthday Parties
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	2:00 – 3:00 Family Open Gym	2:00 – 3:00 Family Open Gym
1:00 – 2:00 Family Open Gym	1:00 – 2:00 Family Open Gym	1:00 – 2:00 Family Open Gym	1:00 – 2:00 Family Open Gym	1:00 – 2:00 Family Open Gym	3:00 – 5:00 Adult Open Gym	3:00 – 5:00 Adult Open Gym
2:00 – 3:00 Recreation Camp	2:00 – 3:00 Recreation Camp	2:00 – 3:00 Recreation Camp	2:00 – 3:00 Recreation Camp	2:00 – 3:00 Recreation Camp		
3:00 – 4:00 Family Open Gym	3:00 – 4:00 Family Open Gym	3:00 – 4:00 Family Open Gym	3:00 – 4:00 Family Open Gym	3:00 – 4:00 Family Open Gym		
4:00 – 6:00 Recreation Camp	4:00 – 6:00 Recreation Camp	4:00 – 6:00 Recreation Camp	4:00 – 6:00 Recreation Camp	4:00 – 6:00 Recreation Camp		
6:00 – 7:00 Youth Programs	6:00 – 7:00 Teen Open Gym	6:00 – 7:00 Youth Programs	6:00 – 7:00 Teen Open Gym	6:00 – 9:00 Teen Night		
7:00 – 10:30 Adult Open Gym	7:00 – 10:30 Adult Open Gym	7:00 – 10:30 Adult Open Gym	7:00 – 8:15 Adult Open Gym			
			8:15 – 10:15 Adult Floor Hockey			