

**PLATTSBURGH YMCA**  
**GYM SCHEDULE - WINTER - JAN. 7 - MARCH 3, 2019**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	OPEN GYM 5:30-8:00	OPEN GYM 5:30-8:00	OPEN GYM 5:30-9:00	OPEN GYM 5:30-8:00	OPEN GYM 5:30-8:45	Saturday Hours 7:00-5:00	Sunday Hours 7:00-5:00
7:00 AM						OPEN GYM 7:00-9:00	OPEN GYM 7:00-5:00
8:00 AM	SENIOR AEROBICS 8:15-9:15	SENIOR AEROBICS 8:15-9:15		SENIOR AEROBICS 8:15-9:15			
9:00 AM	MORNING FITNESS 9:15-10:15	OPEN GYM 9:30-11:15	GENTLE STRETCH AND MOVEMENT 9:15-10:15	OPEN GYM 9:30-10:15	MORNING FITNESS 9:00-10:00	YOUTH BASKETBALL LEAGUE 9:00-1:00	OPEN GYM 7:00-5:00
10:00 AM	CHILD CARE 10:30-11:00		OPEN GYM 10:30-3:00	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	Y WEE CARE 10:30-11:00		
11:00 AM	OPEN GYM 11:15-3:00	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15			Y WEE CARE 11:00-11:30		
12:00 PM		ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	OPEN GYM 11:45-3:00			
1:00 PM	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15		
2:00 PM	OPEN GYM 1:30-3:00	OPEN GYM 1:30-3:00	OPEN GYM 1:30-3:00	OPEN GYM 1:30-3:00	OPEN GYM 1:15-5:00		
3:00 PM	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:30		
4:00 PM	YOUTH BASKETBALL or SOCCER LEAGUE 4:30-7:15	YOUTH BASKETBALL or SOCCER LEAGUE 4:30-7:15	YOUTH BASKETBALL or SOCCER LEAGUE 4:30-6:00	YOUTH BASKETBALL or SOCCER LEAGUE 4:30-7:15	YOUTH BASKETBALL or SOCCER LEAGUE 4:30-7:15		
5:00 PM	Open Gym available at 6:00 after Feb. 11	Open Gym available at 6:00 after Feb. 11	ZUMBA 6:00-7:00 start date TBD	Open Gym available at 6:00 after Feb. 11	Open Gym available at 6:00 after Feb. 11	FOR MORE INFORMATION: Call 518-561-4290  PLEASE SEE OTHER SHEETS FOR OTHER CLASSES/DETAILS	
6:00 PM	Open Gym available at 6:00 after Feb. 11	Open Gym available at 6:00 after Feb. 11		Open Gym available at 6:00 after Feb. 11	Open Gym available at 6:00 after Feb. 11		
7:00 PM	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45		
8:00 PM	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45	OPEN BASKETBALL 7:15-9:45		
9:00 PM							