

**PLATTSBURGH YMCA**  
**GYM SCHEDULE - SPRING I - MARCH 4 - APRIL 28, 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 7:00-8:45	OPEN GYM 7:00-5:00
8:00 AM	SENIOR AEROBICS 8:15-9:15	SENIOR AEROBICS 8:15-9:15	GENTLE STRETCH AND MOVEMENT 9:15-10:15	SENIOR AEROBICS 8:15-9:15	MORNING FITNESS 9:00-10:00	YOUTH LEAGUE FLOOR HOCKEY 8:45 - 12:00	
9:00 AM	MORNING FITNESS 9:15-10:15	OPEN GYM 9:30-11:15		OPEN GYM 9:30-10:15			
10:00 AM	CHILD CARE 10:30-11:00		ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	OPEN GYM 10:30-3:00	Y WEE CARE 10:30-11:00	Y WEE CARE 10:30-11:00	OPEN GYM 12:00 - 5:00
11:00 AM	OPEN GYM 11:15-3:00	Y WEE CARE 11:00-11:30			Y WEE CARE 11:00-11:30		
12:00 PM		OPEN GYM 11:15-3:00	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	OPEN GYM 1:30-3:00	ADULT LUNCH BOX BASKETBALL LEAGUE 11:30-1:15	OPEN GYM 11:45-3:00	
1:00 PM	OPEN GYM 1:30-3:00						OPEN GYM 1:30-3:00
2:00 PM	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:30	Y'S TIME 3:15-4:15	Y'S TIME 3:15-4:15	Y'S TIME 3:15-4:15	OPEN GYM 12:00 - 5:00	
3:00 PM							YOUTH LEAGUE INDOOR SOCCER 4:30 - 6:00 Open Gym available after April 5th
4:00 PM	OPEN GYM 6:00 - 7:15	OPEN GYM 6:00 - 7:15	ZUMBA 6:00-7:00	OPEN GYM 6:00 - 7:15	OPEN GYM 6:00 - 7:15	FOR MORE INFORMATION: Call 518-561-4290  PLEASE SEE OTHER SHEETS FOR OTHER CLASSES/DETAILS	
5:00 PM			OPEN GYM 6:00 - 7:15				OPEN GYM 6:00 - 7:15
6:00 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	FOR MORE INFORMATION: Call 518-561-4290  PLEASE SEE OTHER SHEETS FOR OTHER CLASSES/DETAILS	
7:00 PM							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	FOR MORE INFORMATION: Call 518-561-4290  PLEASE SEE OTHER SHEETS FOR OTHER CLASSES/DETAILS	
9:00 PM							OPEN BASKETBALL 7:15-9:45