



# Plattsburgh YMCA – Gym Schedule

Spring I Session: March 2 – April 26, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30-8:45	OPEN GYM 5:30-8:00	OPEN GYM 5:30-8:45	OPEN GYM 5:30-8:00	OPEN GYM 5:30-8:45	OPEN GYM 7:00-8:45	OPEN GYM 7:00-5:00
	SENIOR AEROBICS 8:15-9:15		SENIOR AEROBICS 8:15-9:15			
MORNING FIT 9:00-10:00		ZUMBA GOLD 9:00-10:00		MORNING FIT 9:00-10:15		
	OPEN GYM 9:30-10:30		OPEN GYM 9:30-11:30	OPEN GYM 10:15-11:00		
OPEN GYM 10:15-3:00		OPEN GYM 10:30-3:00				
	ADULT LUNCHBOX BASKETBALL LEAGUE 11:30-1:15		ADULT LUNCHBOX BASKETBALL LEAGUE 11:30-1:15	OPEN GYM 11:45-3:00	OPEN GYM 11:30-5:00	
	OPEN GYM 1:30-3:00		OPEN GYM 1:30-3:00			
		OPEN BASKETBALL 4:30-9:45				
OPEN BASKETBALL 7:00-9:45	OPEN BASKETBALL 7:00-9:45		OPEN BASKETBALL 7:00-9:45	OPEN BASKETBALL 7:00-9:45	<p><b><u>FACILITY AGE REQUIREMENTS</u></b></p> <p>10-12 yr. olds can be unsupervised WITH a parent in the building</p> <p>13 year olds+ can be unsupervised WITHOUT a parent in the building</p> <p>*please call or visit the YMCA Front Desk for more details regarding age and supervision requirements for youth swimming, participation in fitness classes and usage of YMCA fitness equipment</p>	

