


## Long Island City YMCA Gymnasium Schedule Effective January 2, 2010

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
5:00 a.m. 9:00 a.m.	Open Adult BB	8:00 - 9:00 School Use	Open Adult BB	8:00 - 9:00 School Use	Open Adult BB	8:00 - 9:00 School Use	Open Adult BB	8:00 - 9:00 School Use	Open Adult BB	8:00 - 9:00 School Use	6:00-7:45 Open Adult BB		Open Adult BB	
9:30 a.m. 10:15 a.m.	YMCA Pre-K Program		Open Adult BB		Open Adult BB	YMCA Pre-K Program	Open Adult BB		Open Adult BB		Youth Sports Leagues 8-2:30 from 1.30.10 through 4.24.10		9:00 - 12:00 Sport Leagues or Youth Clinics	
11:00 a.m. 11:30 a.m.	Open Adult BB	Open Adult HB/PB	Open Adult BB	Open Adult HB/PB	Open Adult BB	Open Adult HB/PB	Open Adult BB	Open Adult HB/PB	10:30 - 11:30 School Use					
12:00 p.m. 1:00 p.m.	YMCA Pre-K Program	Open Adult BB	Open Adult BB	Open Adult HB/PB	11:30 a.m. - 12:15 p.m. YMCA Pre-K Program		Open Adult BB	Open Adult HB/PB	Open Adult BB	Open Adult HB/PB				
1:30 p.m. 3:00 p.m.	Open Adult BB	Open Adult HB/PB			1 - 3:30 p.m. School Use						2:15 - 4:15 Open Family - Youth Time	2:15 - 4:15 Open Adult VB		
3:00 p.m. 3:45 p.m.	YMCA Pre-K Program		Open Youth BB				YMCA Pre-K Program							
4:00 p.m. 5:45 p.m.	Teen Member Sports Activity	Youth Sports Clinics	Open Youth BB	YMCA After School	Open Youth BB	Teen Member Sports Activity	YMCA After School	Open Teen BB	3:00 - 7:00 p.m. Teen Center		2:30 p.m. - 6:00 p.m. Open Family Youth Activities	3:30 - 6:00 Open Teen BB	4:15 - 6:00 p.m. Open Teen Member Sports	
6:00 p.m. 7:30 p.m.	Open Adult BB/League use as needed		Open Adult BB		Open Adult BB		Open Adult BB	Open Adult VB	7:00 - 8:30 Family Member Time	7:00 - 8:00 Teen Center	6:00 - 10:00 p.m. Adult Open		6:00 -10:00 p.m. Adult Sports Leagues	
8:00 p.m. 11:00 p.m.	Open Gym Full Court Adult Basketball		Adult Sports Leagues		Open Adult BB	Open Adult VB	Adult Sports Leagues		8:30 - 11:00 Open Adult BB	Open Adult VB	<b>Gymnasium Schedule Subject to Change</b>			
KEY	BB - Basketball		Unless otherwise specified			Side A – is the side with the entrance door			· Gymnasium can only be used during times specific to your age group.					
	HB - Handball		Youth	Ages 8-11										
	PB - Paddleball		Teen	Ages 12-17		Side B – is the side with the office			· Members are asked to follow the YMCA “Code of Conduct” in the gymnasium and throughout the building.					
	VB - Volleyball		Adult	18 and Over										