

WINTER 2010 UPPER GYMNASIUM SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|---|-------------------------------------|----------------------------------|-------------------------------------|--------------------------------|--------------------------------|
| Open 6:00–10:00a | Open 6:00–10:00a | Open 6:00–9:00a | Open 6:00–8:00a | Open 6:00a–10:30a | | |
| Open 10:00–12:00 | Kick, Catch & Throw 10:00–10:45a | Group Exercise 9:30–10:30a | Open 8:00–10:00a | Three Four Academy 10:30-11:30 a | Open 8:30–9:00a | Open 9:00–9:30a |
| | | Three Four Academy 10:30-11:30 a | Group Exercise 10:00–11:00a | Open 11:30a–2:00p | Soccer Class 9:00-10:00 a | B-Ball Classes 9:30–12:00n |
| Open 12:00–2:00p | Open 11:00a–1:00p | Open 11:30a–2:00p | Open 11:00–12:00n | B-Ball Class 2:00–3:00p | T Ball Class 10:00-11:00a | Open 12:00–12:45p |
| B-Ball Class 2:00–3:00p | Y's Men 1:00–4:00p | | Ping Pong 12:00–3:00p | Child Care 3:00–4:00p | Open 11:00–12:30p | Birthday Parties 1:00–3:00p |
| Open 3:00–4:00p | Tennis Classes 4:00–5:00p | B-Ball Class 2:00–3:00p | Childcare 3:00 - 4:00 | Youth Open 4:00–5:00p | Badminton 12:30–2:00p | |
| B-Ball Classes 4:00–6:00p | Speed & Agility Training 5:00–6:00p | Open 3:00–4:00p | | Open 5:00–6:00p | Open 2:00–5:00p | Travel B-Ball 3:00–5:00p |
| Travel B-Ball 6:00–8:00p | Travel B-Ball 6:00–8:00p | B-Ball Classes 4:00–5:00p | Basketball Classes 4:00–5:00p | Travel B-Ball 5:00–7:00p | | |
| Open 8:00–10:00p | Open 8:00–10:00p | Open 5:00–6:00p | | | Birthday Parties 5:00–7:00p | |
| | | Travel B-Ball 6:00–8:00p | Parkoor 5:00–6:00p | Open 7:00–10:00p | Open 7:00–8:00p | |
| | | Badminton 8:00–10:00p | Travel B-Ball 6:00–8:00p | | | |
| | | | Open 8:00–10:00p | | | |

Call the Family Y for more information (226-8981 x165) or email Sally Silverstein (ssilverstein@westporty.org) with questions.