



Gym Schedule

Somerville YMCA

Created: 2/22/2018

KEY:

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-9:00 AM	Open Gym		Gym (Full)
10:30 AM-12:30 PM	Open Gym		Gym (half)
12:00 PM-2:00 PM	Adult Basketball		Gym (half)
12:00 PM-2:00 PM	Pickleball		Gym (half)
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-8:00 AM	Open Gym		Gym (Full)
12:00 PM-2:00 PM	Pickleball		Gym (half)
12:30 PM-2:00 PM	Adult Basketball		Gym (half)
2:00 PM-3:00 PM	Open Gym		Gym (half)
6:00 PM-10:00 PM	Open Gym		Gym (half)
7:30 PM-9:30 PM	Open Volleyball		Gym (half)
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-9:00 AM	Open Gym		Gym (Full)
11:00 AM-12:00 PM	Open Gym		Gym (Full)
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-9:00 AM	Open Gym		Gym (half)
12:00 PM-2:00 PM	Pickleball		Gym (half)
12:30 PM-2:00 PM	Adult Basketball		Gym (half)
12:30 PM-2:00 PM	Open Gym		Gym (half)
2:00 PM-4:00 PM	Open Gym		Gym (half)
5:30 PM-6:30 PM	Open Gym		Gym (half)
6:30 PM-9:30 PM	Teen Open Gym		Gym (Full)
7:30 PM-9:30 PM	Badminton <i>Starts when AP available</i>		AP Room
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:00 AM-8:00 AM	Open Gym		Gym (Full)
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:00 AM-6:00 PM	Open Gym		Gym (half)
9:00 AM-10:15 AM	Open Volleyball		Gym (half)
10:15 AM-11:45 AM	Tae-Kwon-Do \$	Roger	Gym (half)
1:00 PM-3:00 PM	Basketball Classes and Clinics (\$)		Gym (half)
3:00 PM-6:00 PM	Badminton		Gym (half)

CLASS DESCRIPTIONS

ADULT BASKETBALL

BADMINTON

Open badminton court. Bring your racket, meet new people and have fun!

BASKETBALL CLASSES AND CLINICS (\$)

OPEN GYM

OPEN VOLLEYBALL

Open Volleyball 13 years old and up

PICKLEBALL

Pickleball 13 years old and Up

TAE-KWON-DO \$

Tae kwon do families gain physical fitness, mental strength, self-confidence and self-esteem.

TEEN OPEN GYM