



Wallingford Family YMCA GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2 – FEBRUARY 26

MONDAY

5:00-9:30AM	Open Gym
9:30-11:00AM	Youth Class
11:00-12:00PM	Open Gym
12:00-2:00PM	Adult Basketball
2:00-2:45PM	Kinder gym
2:45-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Youth Classes
6:30-8:00PM	Adult Soccer(begins 1/16)
8:00-9:30PM	Open Gym*

TUESDAY

5:00-8:30AM	Open Gym
8:30-11:30AM	Holy Trinity
11:30-12:45PM	Open Gym
12:45-2:00PM	Youth Class
2:00-3:00PM	Open Gym
3:00-4:45PM	MS/Fit-2-Go
4:45-6:45PM	Open Gym*
6:45-8:15PM	Zumba
8:15-9:30PM	Open Gym*

WEDNESDAY

5:00-9:00AM	Open Gym
9:00-10:00AM	Youth Class
10:00-11:00AM	Kinder gym
11:00-12:00PM	Open Gym
12:00-2:00PM	Adult Basketball
2:00-2:45PM	Kinder gym
2:45-4:45PM	MS/Fit-2-Go
4:45-9:30PM	Open Gym*

THURSDAY

5:00-1:45PM	Open Gym
9:00-2:00PM	Holy Trinity
1:45-2:45PM	ADK Gym
3:00-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Youth Class
6:30-8:00PM	Zumba
8:00-9:00PM	Open Gym*

FRIDAY

5:00-7:00AM	Open Gym
7:00-9:00AM	Silver Bullets
9:00-12:00PM	Open Gym
12:00-2:00PM	Adult Basketball
2:00-5:00PM	½ MS/Open Gym*
5:30-6:30PM	Cross Train
6:30 – 9:30PM	½ Open Gym*

SATURDAY

5:00-8:45AM	Open Gym
8:45-9:45AM	Youth Classes
9:45-12:00PM	½ Youth Classes
	½ Krav Maga
	½ Birthday Parties
	½ Open Gym*
12:00-4:00PM	Open Gym*
4:00-5:45PM	

SUNDAY

7:00-8:00AM	Open Gym
8:00-10:00AM	Rental
10:00-11:00AM	Cross Train
11:00-12:00PM	Open Gym*
12:00-2:30PM	½ Birthday Party
	½ Open Gym*
3:00-4:45PM	Family Open Gym*



The YMCA reserves the right to change this schedule,
without notice, as is necessary.

***NO FULL COURT GAMES**

Revised 1/10/12