



Wallingford Family YMCA GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 29 – December 30

MONDAY

4:30-9:00AM	Open Gym
9:00-10:15AM	Fitness Class
10:15-11:30AM	Open Gym
11:30-2:00PM	Adult Basketball
2:00-2:45PM	Open Gym*
2:45-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Youth Class
6:30-9:30PM	Open Gym*

TUESDAY

4:30-8:45AM	Open Gym
8:45-11:45AM	Holy Trinity (begins 11/27)
11:45-3:00PM	Open Gym*
3:00-4:45PM	MS/Fit-2-Go
4:45-5:30PM	Open Gym*
5:30-8:30PM	Rental (begins 11/27)
8:30-9:30PM	Open Gym

WEDNESDAY

4:30-9:00AM	Open Gym
9:00-10:15AM	Fitness Class
10:15-11:30AM	Open Gym
11:30-2:00PM	Adult Basketball
2:00-2:45PM	Open Gym*
2:45-4:45PM	MS/Fit-2-Go
4:45-9:30PM	Open Gym*

THURSDAY

4:30-9:00AM	Open Gym
9:00-3:00PM	Holy Trinity (begins 11/29)
3:00-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Youth Class
6:30-9:30PM	Open Gym*

FRIDAY

4:30-7:00AM	Open Gym
7:00-9:00AM	Silver Bullets
9:00-11:30AM	Open Gym*
11:30-2:00PM	Adult Basketball
2:00-5:00PM	½ MS/Open Gym*
5:00-6:30PM	Open Gym*
6:30 – 9:30PM	Family/Youth Programs

SATURDAY

5:00-8:45AM	Open Gym
8:45-9:45AM	Youth Classes
9:45-12:00PM	½ Youth Classes
	½ Krav Maga
12:00-3:30PM	½ Birthday Parties
	½ Open Gym*
3:30-5:00PM	Family Open Gym*

SUNDAY

7:00-11:00AM	Open Gym
11:00-12:00PM	Open Gym*
12:00-3:30PM	½ Birthday Party
	½ Open Gym*
3:30-5:00PM	Family Open Gym*



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

***NO FULL COURT GAMES**