



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Gym Schedule

## Winter Session

January 2nd– April 2nd, 2017  
HAMPSHIRE REGIONAL YMCA

### Inside:

Adult Basketball  
Group Exercise  
Gymnastics  
Open Gym  
Tumble & Play  
YBL  
Youth Sports

Hampshire Regional YMCA  
286 Prospect Street · Northampton, MA · 01060  
Tel. 413.584.7086 · [www.hrymca.org](http://www.hrymca.org)

**Monday**

<b>Activity</b>	<b>Time</b>
Group Exercise:	9:00-10:00am
Adult Basketball:	11:30am-1:30pm
YBL:	5:30-8:30pm

**Open Gym:**

5:30-8:45am, 10:00-11:30am, 1:30-5:30pm, 8:30-9:15pm

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**Tuesday**

<b>Activity</b>	<b>Time</b>
Group Exercise:	9:15-9:50am
Tumble & Play:	10:15-11:15am
Adult Basketball:	11:30am-1:30pm
Gymnastics:	2:30-8:45pm

**Open Gym:** 5:30-9:00am  
1:30 pm-2:30pm

**Open Gym time not available after 2:30pm**

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**Wednesday**

<b>Activity</b>	<b>Time</b>
Gymnastics:	9:00am-12:00pm, 2:30-8:00pm

**Open Gym time not available**

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**Thursday**

<b>Activity</b>	<b>Time</b>
Group Exercise:	9:15-9:50am
Gymnastics:	10:15-11:30am, 3:00-8:45pm

**Open Gym time not available**

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**Friday**

<b>Activity</b>	<b>Time</b>
Group Exercise:	9:15-10:00am
Tumble & Play:	10:15-11:15am
Adult Basketball:	11:30am-1:00pm
Youth Sports:	4:00 - 5:45pm

**Open Gym:**

Full Court - 5:30-9:00am, 1:00-3:45pm, 5:45-9:30pm  
Half Court - 3:45-5:45pm

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**Saturday**

<b>Activity</b>	<b>Time</b>
Gymnastics:	8:30am-1:00pm
YBL:	1:00-7:00pm

**Open Gym:**

**Open Gym time not available**

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**Sunday**

<b>Activity</b>	<b>Time</b>
Adult Basketball:	8:30-10:30am
Rookies YBL:	10:45am-1:00pm
Gymnastics:	3:00-8:30pm

**Open Gym:**

1:00—3:00pm

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**Special Events:**

Family Fun Fridays are every first and third Friday of the month at 5:30-7:00pm

Gym closed 3/18/17 - 3/19/17 due to our League Championship Gymnastics Meet