



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule

Spring I and Spring II Sessions

April 2 - June 25, 2017

HAMPSHIRE REGIONAL YMCA

Inside:

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

Hampshire Regional YMCA
286 Prospect Street · Northampton, MA · 01060
Tel. 413.584.7086 · www.hrymca.org

Monday

Activity	Time
Group Exercise:	9:00-10:00am
Adult Basketball:	11:30am-1:30pm

Open Gym:

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

Tuesday

Activity	Time
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
1:30-2:30pm

Open Gym time not available after 2:30pm

Wednesday

Activity	Time
Gymnastics:	9:00am-12:00pm, 2:30-8:00pm

Open Gym time not available

Thursday

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

Open Gym time not available

Friday

Activity	Time
Group Exercise:	9:15-10:00am
Tumble & Play:	10:15-11:15am
Adult Basketball:	11:30am-1:30pm
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

Saturday

Activity	Time
Gymnastics:	8:30am - 1:00pm

Open Gym:

Full Court 1:00-5:30pm

Sunday

Activity	Time
Adult Basketball:	8:30-10:30am
Gymnastics:	3:00-8:30pm

Open Gym:

Full Court 10:45 am-3:00pm

Special Events:

Family Fun Fridays will be held on April 7th and April 21st from 5:30 - 7:00 pm. The gym will be closed during this time. Open gym will resume at the conclusion of each Family Fun Friday event.