



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule

Fall

September 5th - October 29th
HAMPSHIRE REGIONAL YMCA

Inside:

Adult Basketball
Gymnastics
Group Exercise
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
Adult Basketball:	11:30am - 1:30pm

Open Gym: 5:30am - 11:30am
1:30pm - 9:15pm

Tuesday

Activity	Time
Group Exercise:	9:15am - 10:00am
Tumble & Play:	10:15am - 11:15am
Adult Basketball:	11:30am - 1:30pm
Gymnastics:	2:00pm - 8:45pm

Open Gym: 5:30am - 9:15am
1:30pm - 2:00pm

Open Gym time not available after 2pm

Wednesday

Activity	Time
Gymnastics:	9:00am - 10:15am, 2:30pm - 8:00pm
Group Exercise:	10:15am - 11:10am

Open Gym time not available

Thursday

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

Open Gym time not available

Friday

Activity	Time
Group Exercise:	9:05am - 9:50am
Tumble & Play:	10:15am - 11:15am
Adult Basketball:	11:30am - 1:30pm
Youth Sports:	4:00pm - 5:30pm

Open Gym: 5:30am - 9:00am, 1:30pm - 4:00pm, 5:30pm - 9:15pm

Saturday

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

Open Gym: 1:00pm - 5:15pm

Sunday

Activity	Time
Adult Basketball:	8:30am - 10:30am
Gymnastics:	2:45pm - 7:30pm

Open Gym: 10:30am - 2:45pm

Special Events:

10/13/17—Halloween Family Fun Friday (see below)

Family Fun Fridays—October 13 and then first and third Friday of each month, 5:30-6:30PM - Starting in November (Gymnasium will be closed from 5:00-7:00pm)

Join our fun team of Child Watch staff for a screen-free evening of themed fun and excitement for the whole family! Parents and guardians will have the opportunity to play and interact with their children, while getting the opportunity to meet and enjoy the company of other adults. Children will laugh, tumble, dance, play and bounce as they make friends, enjoy fun activities and spend time with their caregivers.

Members: Free / Non-Members: \$10 per family

10/15/17 - Gymnasium closed for Gymnastics Team Clinic

10/27/17 - Gymnasium closing at 2:30pm for Halloween Gymnastics Show; reopening at 1:00pm on Saturday, 10/28

10/29/17—Dance Fitness Party in Pink, 11:30am - 1:00pm (Gym will be closed from 11:00am - 1:00pm this day)