



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule

Winter

January 7 – March 3, 2019
HAMPSHIRE REGIONAL YMCA

Inside:

Adult Basketball

Group Exercise

Gymnastics

Open Gym

Tumble and Play

Youth Basketball

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

Monday

Activity	Time
Open Gym	5:30am - 11:30am 1:30pm - 4:30pm 8:30pm - 9:30pm

Adult Basketball	11:30am - 1:30pm
Youth Basketball League	4:30pm - 8:30pm

Tuesday

Activity	Time
Open Gym	5:30am - 9:10am 11:30am - 2:30pm

H.I.I.T & Sculpt	9:15am - 10:00am
Tumble and Play	10:15am - 11:15am
Gymnastics	2:30pm - 9:30pm

Wednesday

Activity	Time
Open Gym	5:30am - 9:10am 10:00am - 11:30am 1:30pm - 4:30pm 8:30pm - 9:30pm

Adult Basketball	11:30am - 1:30pm
Dance Fitness	9:15am - 10:00am
Youth Basketball League	4:30pm - 8:30pm

Thursday

Activity	Time
Open Gym	5:30am - 9:10am 10:00am - 2:30pm

Circuit H.I.I.T & Sculpt	9:15am - 10:00am
Gymnastics	2:30pm - 9:30pm

Friday

Activity	Time
Open Gym	5:30am - 10:00am 1:30pm - 4:00pm 5:30pm - 9:15pm

Family Fun Fridays (See Below) 5:30pm - 6:30pm

Adult Basketball	11:30am - 1:30pm
Tumble and Play	10:15am - 11:15am
Rookies Basketball	4:00pm - 4:45pm
Girls Basketball	4:45pm - 5:30pm

Saturday

Activity	Time
Open Gym	7:00am - 8:00am

Gymnastics	8:00am - 1:00pm
Youth Basketball League	1:00pm - 7:00pm

Sunday

Activity	Time
Open Gym	10:30am - 1:15pm

Adult Basketball	8:30am - 10:30am
Gymnastics	1:15pm - 5:30pm

Family Fun Fridays

Join our fun team of Child Watch staff for a screen-free evening of themed fun and excitement for the whole family! Children will laugh, tumble, dance, play and bounce as they make friends, enjoy fun activities and spend time with their caregivers.