

HILLCREST FAMILY YMCA GYM SCHEDULE

JULY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	Adult OPEN Gym 6AM-9AM	Adult OPEN Gym until 7:45AM	ADULT OPEN GYM	Adult OPEN Gym until 7:45AM	OPEN GYM	Family Open Gym until 7:45AM	
	7 AM		Fitness after 50 Ester 8AM TO 8:50AM		Fitness after 50 Ester 8AM TO 8:50AM		Fitness After 50 8:15-9:05AM	
	8 AM		SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER YOUTH BASKETBALL LEAGUES STARTS 7/12/2024 9:30AM -1:30PM	
	9 AM	SILVER SNEAKERS CLASSIC KATHRYN 10:10-11AM	MOBILITY AND FLEXIBILTY 10-10:50AM	SILVER SNEAKERS CLASSIC 10-10:50AM	MOBILITY AND FLEXIBILITY 10-10:50AM	SUMMER CAMP		
	10 AM	SUMMER CAMP	SUMMER CAMP	SILVER SNEAKERS 11:30AM - 12:30PM	SUMMER CAMP		SUMMER CAMP	
	11 AM					SUMMER CAMP		SUMMER CAMP
	12 PM	\$PICKLEBALL 1-3PM	SUMMER CAMP	\$PICKLEBALL 1 - 3PM	SUMMER CAMP		\$PICKLEBALL 1-3PM	
1 PM	SUMMER CAMP					SUMMER CAMP		SUMMER CAMP
2 PM		SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP		FAMILY OPEN GYM 1:45PM - 4:45PM	
3 PM	OPEN GYM					OPEN GYM		OPEN GYM
AFTERNOON	4 PM	STARTING 7/8 SUMMER LEAGUE PRACTICES 5PM TO 7PM	SUMMER LEAGUE PRACTICES 6PM TO 7:15PM	STARTING 7/8 SUMMER LEAGUE PRACTICES 6PM TO 7:15PM	STARTING 7/8 SUMMER LEAGUE PRACTICES 6PM TO 7:15PM	STARTING 7/8 SUMMER LEAGUE PRACTICES 6PM TO 7:15PM	<p>PLEASE NOTE GYM AVAILABILITY IS SUBJECT TO CHANGE</p> <p>Summer Camp will be held in the Gym from 9AM - 4PM</p> <p>STARTING : Summer JULY 7/8/2024 Basketball League/Practices will be held in the gym</p> <p>Mon: 5-6PM Tue-Fri: 6-7PM</p> <p><u>Games</u> Sat: 9:30AM - 1:30PM</p>	
	5 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
	6 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
	7 PM	Gym closes @ 8:45PM	Gym closes @8:45PM	GYM CLOSES @8:45PM	GYM closes @ 8:45PM	Gym closes @ 8:45PM		
EVENING	8 PM							
	8:45pm							