



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Drop In Activities Every Day



# SUMMER AT THE Y

June 25 - August 31

## Gym Open Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 5-7:45 am 2-8:30 pm	<b>Open Gym</b> 7-9:15 am Noon-7:15 pm 8:15-9:45 pm	<b>Open Gym</b> 5-7:45 am 10 am-Noon 2-8 pm	<b>Open Gym</b> 7-9:30 am Noon-6:15 pm 7:15-9:45 pm	<b>Open Gym</b> 5-8:45 am 2-8 pm	<b>Open Gym</b> 7 am-7 pm	<b>Open Gym</b> 10 am-5:45 pm
<b>Pickleball</b> 12:30-2 pm	<b>Basketball</b> 5-7 am 8:15-9:45 pm	<b>Pickleball</b> Noon-2 pm	<b>Basketball</b> 5-7 am 8:15-9:45 pm	<b>Pickleball</b> Noon-2 pm		<b>Volleyball</b> 3-5:45 pm
<b>Basketball</b> 8:30-9:45 pm		<b>Volleyball</b> 8-9:45 pm		<b>Basketball</b> 8:30-9:45 pm		

Special Summer Open Gym (M/W 2-4 pm & T/TH 1:30-3:30 pm) Drop-In time to play games, Free for Members, Y staff available

## Pool Open Swim & Slide Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> 5-7:30 am 8:30-9:15 am 1-3:55 pm 7-9:45 pm	<b>Open Swim</b> 5-9 am 1-4:30 pm 7-9:45 pm	<b>Open Swim</b> 5-7:30 am 8:30-9:15 am 2-3:55 pm 7-9:45 pm	<b>Open Swim</b> 5-9 am 1-4:30 pm 7-9:45 pm	<b>Open Swim</b> 5-7:30 am 8:30-9:15 am 1-9:45 pm	<b>Open Swim</b> 7-9 am Noon-6:45 pm	<b>Open Swim</b> 10 am-2:20 pm
<b>Slide Open</b> 7:10-9 pm	<b>Slide Open</b> 1:30-3:30 pm	<b>Slide Open</b> 7:10-9 pm 8:30-8:45 am (Seniors last day of month)	<b>Slide Open</b> 1:30-3:30 pm	<b>Slide Open</b> 5-7:30 pm	<b>Slide Open</b> 2:30-4 pm 4:30-6 pm	<b>Slide Open</b> Noon-2 pm
						<b>Family Swim</b> 2:20-5:45 pm

## Child Watch Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30 am-1:30 pm</b> 6 weeks-3 years	<b>8:30 am-1:30 pm</b> 6 weeks-3 years	<b>8:30 am-1:30 pm</b> 6 weeks-3 years	<b>8:30 am-1:30 pm</b> 6 weeks-3 years	<b>8:30 am-1:30 pm</b> 6 weeks-3 years	<b>8 am-2 pm</b> 6 weeks-3 years	<b>10:15 am-2:15 pm</b> 6 weeks-3 years
<b>1:30-3:30 pm</b> 6 weeks-7 years	<b>1:30-3:30 pm</b> 6 weeks-7 years	<b>1:30-3:30 pm</b> 6 weeks-7 years	<b>1:30-3:30 pm</b> 6 weeks-7 years	<b>1:30-3:30 pm</b> 6 weeks-7 years	<b>2-3 pm</b> 6 weeks-10 years	
<b>3:30-8:15 pm</b> 6 weeks-3 years	<b>3:30-8:15 pm</b> 6 weeks-3 years	<b>3:30-8:15 pm</b> 6 weeks-3 years	<b>3:30-8:15 pm</b> 6 weeks-3 years	<b>3:30-6:30 pm</b> 6 weeks-7 years		

## Adventure Zone Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30 am-1:30 pm</b> Ages 3-7	<b>8:30 am-1:30 pm</b> Ages 3-7	<b>8:30 am-1:30 pm</b> Ages 3-7	<b>8:30 am-1:30 pm</b> Ages 3-7	<b>8:30 am-1:30 pm</b> Ages 3-7	<b>8:30 am-2 pm</b> Ages 3-10	<b>10:15 am-2:15 pm</b> Ages 3-10
<b>3:30-8:15 pm</b> Ages 3-7	<b>3:30-8:15 pm</b> Ages 3-7	<b>3:30-8:15 pm</b> Ages 3-7	<b>3:30-8:15 pm</b> Ages 3-7			

## YDC Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30 am-8:15 pm</b> Ages 8+	<b>8:30 am-8:15 pm</b> Ages 8+	<b>8:30 am-8:15 pm</b> Ages 8+	<b>8:30 am-8:15 pm</b> Ages 8+	<b>8:30 am-6:30 pm</b> Ages 8+	<b>Closed</b> Available for Family Use	<b>Closed</b> Available for Family Use

FAMILY

PRESCHOOL

SCHOOL AGE

TWEENS/  
TEENS

ADULTS

ACTIVE  
AGERS

5 AM

Tue / Thur  
Adult Basketball

8 AM

7/23 - M/W - \$  
Resolve Workout  
Session begins

8:30 AM

Child Watch, Adventure Zone & YDC Open  
Serving ages 6 weeks-Teens

11 AM

Wednesdays  
Grief Support  
Group (10:30 am)

Thursdays  
Y-Knot crafting

NOON

Group Exercise Classes  
Various times throughout the  
day, see class schedule

M / W / F  
Pickleball  
(begins 12:30  
Mondays)

7/26 - Thur  
Senior Picnic  
12:30-2:30 pm

1 PM

Mondays  
Mahjong

1:30 PM

Tuesdays & Thursdays  
Summer Open Gym - drop in to play  
games, Y Staff available

2 PM

Mondays  
Toddler Parent  
Workout

Mondays & Wednesdays  
Summer Open Gym - drop in to play  
games, Y Staff available

6/27 - Wed  
Travel  
Presentation:  
Canyon Country

2:45 PM

7/11 - W/F - \$  
Yoga Clinic: Hips  
begins

5 PM



Thursdays  
Summer Surprise  
Group Class

7:30 PM

Open Swim & Slide Times  
Various times throughout the  
day, see schedule on reverse side

Mondays  
Adult Self-Defense/Karate

8 PM

Wednesdays  
Adult Self-Defense/Karate

8:15 PM



Tue / Thur  
Basketball 14+

Wed  
Volleyball 14+

8:30 PM

Mon / Fri  
Basketball 14+

10 PM

Open Gym Times  
Various times throughout the  
day, see schedule on reverse side

ALL PROGRAMS ARE INCLUDED IN YOUR YMCA MEMBERSHIP, UNLESS OTHERWISE NOTED (WITH A \$).

WE WILL BE CLOSED JULY 4 IN OBSERVANCE OF INDEPENDENCE DAY, AND SEPTEMBER 4 FOR LABOR DAY.



SAVE THE DATE: SUMMER MOVIE NIGHT & BLOCK PARTY

Join us on August 17 for the annual Summer Member Appreciation Event!

