

Summer 2010 Gym Schedule

Monday

5:00am – 5:30am – Open Gym
5:30am – 6:30am – Fitness
6:30am – 7:15am – Open Gym
** 7:15am – 9:30am – Camp
9:30am – 10:30am – Fitness
10:30am – 12:00pm – Open Gym
12:00pm – 2:00pm – High Noon Hoops
2:00pm – 3:30pm – Open Gym
**3:30pm – 6:15pm – Camp
6:15pm – 7:00pm – Open Gym
**7:00pm – 9:00pm – Adult Volleyball
9:00pm – 9:30pm – Open Gym

Wednesday

5:00am – 5:30am – Open Gym
5:30am – 6:30am – Fitness
6:30am – 7:15am – Open Gym
** 7:15am – 9:30am – Camp
9:30am – 10:30am – Fitness
10:30am – 12:00pm – Open Gym
12:00pm – 2:00pm – High Noon Hoops
2:00pm – 3:30pm – Open Gym
**3:30pm – 6:15pm – Camp
6:15pm – 9:30pm – Open Gym

Friday

5:00am – 7:15am – Open Gym
** 7:15am – 9:30am – Camp
9:30am – 10:30am – Fitness
10:30am – 12:00pm – Open Gym
12:00pm – 2:00pm – High Noon Hoops
2:00pm – 3:30pm – Open Gym
** 3:30pm – 6:15pm – Camp
6:15pm – 8:00pm – Open Gym

** Only one half of gym is in use; other half may be used

Tuesday

5:00am – 7:15am – Open Gym
** 7:15am - 9:30am – Camp
9:30am - 12:00pm – Fitness
12:00pm – 3:30pm – Open Gym
** 3:30pm - 6:15pm – Camp
6:15pm – 9:30pm – Open Gym

Thursday

5:00am – 7:15am – Open Gym
** 7:15am – 9:30am – Camp
9:30am – 12:00pm – Fitness
12:00pm – 3:30pm – Open Gym
** 3:30pm – 6:15pm – Camp
6:15pm – 9:30pm – Open Gym

Saturday

7:00am – 6:00pm – Open Gym

Sunday

1:00pm – 6:00pm – Open Gym

Inclement weather we reserve the right to change the schedule

Town North Family YMCA 4332 Northaven Road Dallas, TX. 75229 214.357.8431 www.townnorthymca.org

Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all

Financial assistance available

