



































BIG GYM SCHEDULE

Henderson Family YMCA

SPRING
2019

FACILITY HOURS
Mon – Fri 5:00 am – 9:00 pm
Sat 7:00 am – 7:00 pm
Sun 1:00 pm—6:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00–7:00 am Open Gym	5:00–8:30 am Open Gym	5:00–7:00 am Open Gym	5:00–8:30 am Open Gym	5:00–7:00 am Open Gym	7:00–9:30 am Adult Basketball Pick-Up 18+ (Full Court) 	1:00–3:00 pm Open Gym Pickleball/ Badminton (Half-Court)  
7:00–8:30 am C.A.R.E. 		7:00–8:30 am C.A.R.E. 		7:00–8:30 am C.A.R.E. 		
8:30–9:30 am Open Gym	8:30–9:30 am Silver Sneakers 	8:30–9:30 am Open Gym	8:30–9:30 am Silver Sneakers 	9:00–10:00 am Silver Sneakers 	10:00–7:00 pm Open Gym   	3:00–6:00pm Open Gym Basketball 
9:30–10:30 am Silver Sneakers 	9:30–10:30 am Open Gym	9:30–10:30 am Silver Sneakers 	9:30–10:30 am Open Gym	10:00am–6:00 pm Open Gym		
10:30am–6:00 pm Open Gym	10:30–11:30 am Silver Sneakers 	10:30am–6:00 pm Open Gym	10:30–11:30 am Silver Sneakers 			
	11:30am–1:30 pm Open Gym  Pickleball		11:30am–1:30 pm Open Gym  Pickleball			
1:30–6:00 pm Open Gym  Basketball	1:30–6:00 pm Open Gym  Basketball					
6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–9:00 pm Open Gym   	6:00–9:00 pm Open Gym   	6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–9:00 pm Open Gym   	<p>Open Gym may be used by any member or guest. Please be respectful and caring of others who wish to share the space.</p> <p>Open Gym Basketball/Volleyball/ Badminton/Pickleball is available for pick-up games with rules and time limits (ages 13+).</p> <p>If you have questions, comments, or requests, contact Tremanisha Taylor tremt@henfamymca.org 252-438-2144</p>	
<p>**Afterschool Camp will be given Half-Court priority availability when needed**</p>						