



































BIG GYM SCHEDULE

Henderson Family YMCA

SUMMER
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	10:00—11:00 am Line Dancing		
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 	10:00am–6:00 pm Open Gym		
	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 Becca Stanley beccas@henfamymca.org 252-438-2144</p>	
<p>**Summer Day Camp will be given Half-Court priority availability when needed**</p>						






KIDS GYM SCHEDULE

Henderson Family YMCA

SUMMER 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
7:30AM-6:00PM SUMMER CAMP	7:30AM-6:00PM SUMMER CAMP	7:30AM-6:00PM SUMMER CAMP	7:30AM-6:00PM SUMMER CAMP	7:30AM-6:00PM SUMMER CAMP	7:00AM-7:00PM Family Open Gym 	1:00PM-3:00PM OPEN GYM
6:00PM-8:30PM KIDS ZONE 	6:30PM-7:30PM INSANITY 7:30PM-9:00PM OPEN GYM	6:30PM-7:30PM ZUMBA 7:30PM-9:00PM OPEN GYM	6:30PM-7:30PM ZUMBA 7:30PM-9:00PM OPEN GYM	6:00PM-8:30PM KIDS ZONE 		3:00-6:00PM OPEN Pickleball

Open Gym may be used by any member or guest. Please be respectful and caring of others who wish to share the space

Open Gym Basketball/Pickleball is available for pick-up games with rules and time limits

Family Open Gym is recreational time for family members to enjoy any activity of their choice.

Summer Camp is a registered program for boys and girls ages Pre-K up to 8th grade

Kids Zone serves members ages 6-12 years. Drop off your kids with staff that works hard to make our environment a safe and fun place

If you have questions, comments, or requests, contact Becca Stanley beccas@henfamymca.org



Reservations can be made to use Kids Gym courts during Open Gym Basketball/Pickleball hours. Members may use an unreserved court to play activities (provided those activities and related equipment do not risk damage to the court floors or walls). Please call ahead at 252-438-2144 to check for court availability.