



























BIG GYM SCHEDULE

Henderson Family YMCA

FALL
2017

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 	10:00am – 12:00pm Youth Basketball (During Season) 	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			12:00 pm–7:00 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 		10:00am–6:00 pm Open Gym	12:00 pm–7:00 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	1:30–6:00 pm Open Gym  Basketball					
6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–8:00 pm Youth Basketball (During Season) 	6:00–8:00 pm Youth Basketball (During Season) 	6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–8:00 pm Youth Basketball (During Season) 	8:00 pm–9:00 pm Open Gym	8:00 pm–9:00 pm Open Gym	
	8:00 pm–9:00 pm Open Gym	8:00 pm–9:00 pm Open Gym	8:00 pm–9:00 pm Open Gym	8:00 pm–9:00 pm Open Gym			

*****Afterschool Care will be given Half-Court priority availability when needed*****

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/Volleyball/Badminton/Pickleball is available for pick-up games with rules and time limits (ages 11+).

If you have questions, comments, or requests, contact Tremanisha Taylor
tremt@henfamymca.org
252-438-2144



KIDS GYM SCHEDULE

Henderson Family YMCA

FALL
2017

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
8:00AM-2:30PM Open Gym Basketball/Pickleball	2:30PM-6:00PM AFTERSCHOOL CARE	8:00AM-2:30PM Open Gym Basketball/Pickleball	2:30PM-6:00PM AFTERSCHOOL CARE	2:30PM-6:00PM AFTERSCHOOL CARE	10:00am-12:00 pm Youth Basketball (During Season)	1:00PM-6:00PM Open Gym Basketball/ Pickleball
2:30PM-6:00PM AFTERSCHOOL CARE	6:00pm-7:00 pm Youth Basketball (During Season)	2:30PM-6:00PM AFTERSCHOOL CARE	6:00pm-7:00 pm Youth Basketball (During Season)	6:00pm-7:00 pm Youth Basketball (During Season)	12:00PM-7:00PM Family Open Gym	
PLEASE NOTE: TIME OF FITNESS CLASSES WILL NOT CHANGE UNTIL WEEK OF OCTOBER 17TH						
6:00PM-8:30PM KIDS ZONE 	7:00PM-8:00PM INSANITY 8:00PM-9:00PM OPEN GYM	6:30PM-7:30PM ZUMBA 8:00PM-9:00PM OPEN GYM	7:00PM-8:00PM ZUMBA 8:00PM-9:00PM OPEN GYM	6:00PM-9:00PM Family Open Gym 		

KIDS GYM CLOSING on the following dates:

- SEPTEMBER 20 :: Early Release :: Afterschool Care 11:30AM-6:00PM
- SEPTEMBER 25-29 :: E.M. ROLLINS :: TRACK OUT CAMP 7:30AM-6:00PM
- OCTOBER 2-6 :: E.M. ROLLINS :: TRACK OUT CAMP 7:30AM-6:00PM
- OCTOBER 9-13 :: E.M. ROLLINS/HENDERSON COLLEGIATE :: TRACK OUT CAMP 7:30AM-6:00PM
- OCTOBER 16-20 :: HENDERSON COLLEGIATE :: TRACK OUT CAMP 7:30AM-6:00PM
- NOVEMBER 2 :: Early Release :: Afterschool Care 11:30AM-6:00PM
- NOVEMBER 10 :: VETERAN'S DAY :: Afterschool Care 7:30AM-6:00PM
- NOVEMBER 22 :: ALL DAY Afterschool Care 7:30AM-6:00PM
- NOVEMBER 23 :: THANKSGIVING :: YMCA CLOSED



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.



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.

Afterschool Care 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 Tremanisha Taylor
tremt@henfamymca.org






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2:30PM—6:00PM AFTERSCHOOL CARE	2:30PM—6:00PM AFTERSCHOOL CARE	2:30PM—6:00PM AFTERSCHOOL CARE	2:30PM—6:00PM AFTERSCHOOL CARE	2:30PM—6:00PM AFTERSCHOOL CARE		
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—9:00PM Family Open Gym 		

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