



























BIG GYM SCHEDULE

Henderson Family YMCA

SUMMER
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	7:00–10:00 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 	10:00–11:30 am 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	11:30am–1:30 pm Open Gym Pickleball (Half-Court) 	
10:30am–6:00 pm Open Gym	10:30–11:30 am Silver Sneakers 	10:30am–6:00 pm Open Gym Basketball 	10:30–11:30 am Silver Sneakers 		1:30–6:00 pm Open Gym 	1:30 pm–7:00 pm Open Gym
	11:30am–1:30 pm Open Gym Pickleball 		1:30–6:00 pm Open Gym 			
6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–9:00 pm Family Open Gym 	6:00 pm–9:00 pm Open Gym Volleyball 	6:00–9:00 pm Adult Basketball Pick-Up 18+ (Half-Court) 	6:00–9:00 pm Family 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 11+).</p> <p>If you have questions, comments, or requests, contact Tremanisha Taylor tremt@henfamymca.org 252-438-2144</p>	

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














KIDS GYM SCHEDULE

Henderson Family YMCA

SUMMER
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
7:30AM—6:00PM Summer Day Camp 	7:30AM—6:00PM Summer Day Camp 	7:30AM—6:00PM Summer Day Camp 	7:30AM—6:00PM Summer Day Camp 	7:30AM—6:00PM Summer Day Camp 	9:00AM-7:00PM Family Open Gym 	1:00PM-6:00PM Open Gym Basketball/ Pickleball
6:00PM-8:30PM KIDS ZONE    	6:30PM-7:30PM INSANITY 7:30PM-9:00PM OPEN GYM	6:30PM-7:30PM ZUMBA 7:30-9:00PM Open Gym Pickleball	6:30PM-7:30PM ZUMBA 7:30PM-9:00PM OPEN GYM	6:00PM-9:00PM Family Open Gym 		

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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

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.