

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
North	South	North	South	North	South	North	South	North	South	North	South	North	South
Open 5:00-7:00		Open 5:00-7:00		Open 5:00-7:00		Open 5:00-7:00		Open 5:00-7:00		CLOSED 5:00-7:00			
Open 7:00-9:00	SACC 7:00-9:00	Walking 7:00-9:00	SACC 7:00-9:00	Open 7:00-9:00	SACC 7:00-9:00	Walking 7:00-9:00	SACC 7:00-9:00	Open 7:00-9:00	SACC 7:00-9:00	Open 7:00am-5:00pm		CLOSED	
Open 9:00am-10:00am		Silver Sneakers		Open 9:00am-10:00am		Silver Sneakers		Open 9:00am-10:00am					
Open 10:00-11:30	Hot Tots 11-11:30	Open 10:00-11:30	Art & Gym 10:00-11:30	Open 10:00am-11:30am		Open 10:00am-4:00pm		Open 10:00am-11:30am					
Open 11:30-2:00	Open 11:30-1:00 Tidy Biddy Sports 1:30-2:15	Open 11:30am-4:00pm		Noon Basketball 11:30-2:00				Noon Basketball 11:30-2:00					
Open 2:00-4:00	Open 2:15-4:00			Open 2:00pm-4:00pm				Open 2:00-8:00		Open 11:00am-3:00pm			
Open 4:00 - 5:00	SACC 4:00-5:00	Open 4:00-6:00	SACC 4:00-6:00	Open 4:00-5:30	SACC 4:00-5:00	Open 4:00- 10:00pm	SACC 4:00-5:00						
Open 5:00pm-9:00pm		Football Clinic 6:15pm-7:45pm		Open 5:00pm-9:00pm		Football Clinic 6:15pm-7:45pm		Open 7:45pm-9:00pm		CLOSED		CLOSED	
		Open 7:45pm-9:00pm				Open 7:45pm-9:00pm							

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