

Gym Schedule
Effective Date March 2, 2009

WILMERDING YMCA

412-823-9000
412-823-1402 FAX

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6 am	x						OPEN 7:00
7 am	x						Zumba
8 am	x						8:00-9:00am
9 am	x						
9:15 am	x		Kickboxing		Kickboxing		Open Gym-Half Court
9:30 am	x		9:00-10:00		9:00-10:00		9:00-12:00
9:45 am	x						Members & Guest
10 am	x	Youth Sports	Zumba	Open Gym-Full Court	Open Gym-Full Court		
10:15 am	x	10:00-10:30	10:00-11:00	10:00-11:00	10:00-2:00		
10:30 am	x			Members	Members	Y-Tots	Members & Guest
10:45 am	x	Open Gym-Half Court		Only	Only	10:30 - 11:15	
11 am	Open Gym-Full		Members	Body Sculpt	Members		Members & Guest
11:15 am	11:00-1:00		Only	11:00-12:00	Only		
11:30 am		Members			Members	Open Gym-Half Court	Members & Guest
11:45 am		Only			Only	11:30-1:00	
12 pm	Members	Open Gym-Full Court		Open Gym- Full Court	Members	Members	Youth Sports
12:15 pm	Only	12:00-2:00	Members	12:00-2:00	Only	Only	12:00 - 1:00
12:30 pm			Members	Members	Members		
12:45 pm		Members	Only	Only	Only	Open Gym-Full Court	Open Gym-Half Court
1 pm	Open Gym-Half Court	Only				1:00-2:00	1:00-3:00
1:15 pm	1:00-3:00		Members	Members	Members		Members
1:30 pm			Only	Only	Only		Only
1:45 pm		Open Gym-Half Court	Members	Members	Members	Open Gym-Half Court	Youth Sports
2 pm	Members	2:00-6:00				2:00-4:00	2:00 - 3:00
2:15 pm	Only		Members	Open Gym-Half Court	Open Gym-Half Court		
2:30 pm			Only	2:00-6:30	2:00-6:00		
2:45 pm			Members	Members	Members	Members	
3 pm	Rental	Only	Only	Only	Only	Only	Open Gym-Full Court
3:15 pm			Open Gym-Half Court				3:00-5:00
3:30 pm		Members	3:30-7:00	Members	Members		
3:45 pm		Only	Members	Only	Only	Open Gym-Half Court	Members
4 pm			Only			4:00-6:30	Only
4:15 pm		Members		Members	Members	Members	
4:30 pm		Only	Members	Only	Only	Only	
4:45 pm			Only				CLOSE 5:00
5 pm	CLOSE 5:00	Members		Members	Members	Members	
5:15 pm	X	Only	Members	Only	Only	Only	
5:30 pm	X						
5:45 pm	X						
6 pm	X	Youth Sports	Youth Sports	Youth Sports	Youth Sports BB	Youth Sports	
6:15 pm	X	6:00-6:30	6:00-7:00	6:00-6:45	6:00-6:45	6:00-7:00	
6:30 pm	X						
6:45 pm	X	Youth Sports		Youth Sports BB	Zumba	Open Gym-Full Court	
7 pm	X	6:30-7:00	Youth Sports BB	6:45-7:45	6:45-7:45	7:00-9:00	
7:15 pm	X	Youth Sports	7:00-8:00				
7:30 pm	X						
7:45 pm	X			Open Gym-Half Court	Open Gym-Half Court		
8 pm	X	Adult Full Court Basketball		7:30-8:30	7:45-8:45		
8:15 pm	X	8:00-10:00	Open Gym-Half Court		Members	Members	
8:30 pm	X		8:00-9:00	Adult Full Court Basketball	Only	Only	
8:45 pm	X			8:30-10:00			
9 pm	X				Open Gym-Full Court		
9:15 pm	X		Open Gym-Full Court		8:45-10:00	Members	
9:30 pm	X		9:00-10:00		Members	Only	
9:45 pm	X				Only		
10 pm	X						

Gym is open to members ONLY. No guest passes! Except during designated times

The gym will be opened for full court usage or half court

If the Sports are outside, members may use the gym. The area's of the schedule that are white are in the gym every week no matter what the weather.