

GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30		Adult		Recreation			
7:30	7:30		7:30		7:30		
8:30	8:30	Before 8:30	School 8:30	Program 8:30	8:30	7:30 Adult Rec	
9:00	Adult Rec	Adult	Adult Rec	Adult	Adult Rec	9:00	
10:00		Rec		Rec		Youth Indoor Soccer League	
11:00		10:30 Silver Sneakers 11:15	10:30 Silver Sneakers 11:15	10:30 Silver Sneakers 11:15	10:30 Silver Sneakers 11:15		
12:00	Adult Rec	Adult Rec	Adult Rec	Adult Rec	Adult Rec		12:30
1:30						Adult Rec	
2:30		2:30	2:30	2:30	2:30	2:00 Men's Basketball League	
3:00	Child		Care		Gym*		
3:30	Adult Rec 3:30-5:00	3:45	3:45 Adult Rec	3:30 Sr. Youth Gym 5:00	4:00 Sr. Youth Gym 5:00	4:00	
5:00	5:00 Children's Karate 6:00	Adult Rec	5:00 Children's Karate 6:00	Adult Rec 5:00-6:00		Adult Rec	
6:00		6:00			Adult Rec	5:45	
7:00	Adult Rec 7:30	Children's Karate 7:00	6:15 Youth Indoor Soccer League 7:15	6:00 Children's Karate 7:00	6:00		
8:00	Men's Basketball League	Youth Indoor Soccer League 8:30	7:30 Men's Basketball League 9:45	Youth Indoor Soccer League 8:30	7:00 Family Gym 8:00		
9:00		Adult Rec		Adult Recreation	Adult Rec		
9:45	9:45	9:45	9:45	9:45	9:45		

Garfield YMCA Gym Schedule Effective 1/2/10

*****Schedule subject to change without notice**

* Inclement weather only