

# Shick Gym Schedule

## March



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 a.m.	Adult Open Gym/ Walking	Adult Open Gym/ Walking	Adult Open Gym/ Walking	Adult Open Gym/ Walking	Adult Open Gym/ Walking	YMCA open at 6 a.m.	
5:30							
6 a.m.						Open Gym/ Walking	
6:30							
7 a.m.							
7:30	Closed For Cleaning		Closed For Cleaning		Closed For Cleaning		
8 a.m.							
8:30						Second Chance Basketball	
9 a.m.	Wellness Programs	Wellness Programs	Wellness Programs	Wellness Programs	Wellness Programs		
9:30							
10 a.m.							
10:30							
11 a.m.							
11:30	Noon Hoops	Noon Hoops	Noon Hoops	Noon Hoops	Noon Hoops		
Noon							
12:30							
1 p.m.							
1:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2 p.m.							
2:30							
3 p.m.							
3:30							
4 p.m.							
4:30							
5 p.m.	Basketball Practice	Tae Kwon Do	Basketball Practice	Tae Kwon Do	Basketball Practice	YMCA closed at 5 p.m.	YMCA closed at 5 p.m.
5:30							
6 p.m.							
6:30							
7 p.m.	Adult Volleyball	Adult & High School Open Gym	Adult Volleyball	Adult & High School Open Gym	Open Gym		
7:30							
8 p.m.							
8:30							
9 p.m.	Open Gym						
9:30							

 Open Gym

Members must have a Noon Hoops jersey to play during Noon Hoops (11:30 a.m.-1:30 p.m.). Noon Hoops jerseys can be purchased for \$20 at the front desk.

Gym schedules may be changed without notice. The staff will make every attempt to notify members of any schedule changes in advance.