



We build strong kids, strong families, strong communities.

West Essex YMCA GYM Schedule Effective January 2010

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Adult Basketball 8:00am-12:00am	Open Gym 5:00am-8:50am	Open Gym 5:00am-8:50am	Open Gym 5:00am-8:50am	Open Gym 5:00am-8:50am	Open Gym 5:00am-8:50am	Open Gym 7:00am-8:45am
1/2 Open Gym 12:00am-3:00pm	Fitness Classes 9:00am-11:30am	Fitness Classes 9:00am-12:30pm	Fitness Classes 9:00am-11:30am	Fitness & Youth Classes 9:00am-12:30pm	Fitness Classes 9:00am-11:30am	Fitness & Youth Classes 9:00am-3:00pm
1/2 Family Gym 12:00pm-3:00pm	Open Gym 11:30am-3:10pm	Open Gym 11:30am-3:10pm	Open Gym 11:30am-3:30pm	Open Gym 11:30am-3:30pm	Open Gym 11:30am-5:00pm	Open Gym 3:00pm-8:55pm
Parties 3:15pm-5:15pm	Youth Classes 3:10pm-6:00pm	Youth Classes 4:10pm-6:00pm	Youth Classes 3:30pm-5:30pm	Youth Classes 3:30pm-6:00pm	Open Gym 1/2 Family Open Gym 5:00pm-8:00pm	
	Open Gym 6:00pm-7:00pm	Fitness Classes 6:00pm-8:00pm	Fitness Classes 6:00pm-8:00pm	Fitness Classes 6:00pm-8:00pm		
	Fitness Classes 7:00pm-9:00pm	1/2 Open Family Gym 6:00pm-8:00pm		1/2 Open Family Gym 6:00pm-8:00pm		
	Open Gym 14 Years & older 8:15pm-9:55pm	Open Gym 14 Years & older 8:15pm-9:55pm	Open Gym Members Only 18 Years & older 8:15pm-9:55pm	Open Gym 18 Years & older 8:15pm-9:55pm	Open Gym 1/2 Family & 1/2 Adult 8:15pm-9:55pm	

Facility Hours:

Monday-Friday: 4:45am-10:00pm
 Saturday: 6:45am-9:00pm
 Sunday: 7:30am-3:00pm

This schedule is subject to change.

We reserve the right to close the gym for Special Events with limited notice.

Babysitting Hours:

Monday-Saturday 9:00am-12:00pm
 Tuesday & Thursday 6:00pm-8:00pm

For updates:

www.westessexymca.org or 973-992-7500