


# AUGUST 1-23 GYM SCHEDULE

**PLEASE READ NOTES BELOW FOR ALTERATIONS TO THIS SCHEDULE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a-6:45a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-7:00a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-9:00a OPEN GYM BASKETBALL	7:00a-8:30a OPEN GYM	7:00a-1:00p OPEN GYM
7:00a-9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP LAMONT ROLLINS	7:15a-9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP LAMONT ROLLINS	9:10a-10:00a WARRIOR TRAINING JODI DECENZA	8:30a-10:15a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	1:00p-2:45p ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)
	7:30a-8:30a PICKLEBALL CLINIC SEE BELOW		7:30a-10:30a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	10:15a-11:15a FIT 4 LIFE DAVE GRAVES		
10:00a-10:50 OSTEOPOROSIS WENDY ROSA	8:45a-9:30a ULTIMATE CARDIO KICK CLASS BRANDON MUBUKE	10:00a-11:00a FIT 4 LIFE FRANCESCA CONWAY	10:45a-11:45a L1 FIT 4 LIFE DAVE GRAVES	11:30a-12:00p OPEN GYM	10:30a-11:30a ***AMAZING KICKERS SOCCER***	3:00p-4:45p OPEN GYM
11:00a-11:50a FIT 4 LIFE DAVE GRAVES	10:00a-11:00a FIT 4 LIFE DAVE GRAVES	11:15a-12:00P OPEN GYM		12:00p-1:45p ADULT LUNCH BASKETBALL	11:30a-4:45p OPEN GYM	4:45P CLOSED
12:00p-1:45p ADULT LUNCH BASKETBALL	11:15a-12:00p OPEN GYM	12:00p-1:45p ADULT LUNCH BASKETBALL	12:00p-1:45p ADULT LUNCH BASKETBALL	1:45p-3:45p CAMP	4:45p CLOSED	
1:45p-3:45p CAMP	12:00p-1:45p ADULT LUNCH BASKETBALL	1:45p-3:45p CAMP	2:00p-3:00p TEEN OPEN GYM	3:45p-8:45p OPEN GYM		
3:45p-8:45p OPEN GYM	2:00p-3:00p TEEN OPEN GYM	3:45p-8:45p OPEN GYM	3:00p-3:45p CAMP			
	3:00p-3:45p CAMP		3:45p-8:45p OPEN GYM			
	5:30p-7:00p OPEN VOLLEYBALL					
	7:00p-8:45p OPEN GYM					
8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED		

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## NOTES & SCHEDULE CHANGES:

**PICKLEBALL CLINICS:** These clinics are free to Greenwich YMCA members, non-members \$15.00  
Sign up is required. **Beginners** Clinics 8/5 & 8/12. **Intermediate** Clinic 8/19.

**\*\*\* AMAZING KICKERS SOCCER RUNS THROUGH AUGUST 16 \*\*\***

Gym will be closed for a special event on Friday 8/1 from 8:30am - 12:00pm

Gym will be closed on Saturday 8/2 from 10:15am to 12:30pm

Gym will be closed for a special event on Friday 8/15 from 4:30pm - 5:30pm

The YMCA facility will be closing early at 4:30pm on Wednesday 8/20

The YMCA facility will be closed from Sunday, 8/24 - Monday, 9/1 for our annual facility shutdown.