



# GYM SCHEDULE — Summer 2, 2023

YMCA OF THE NORTHWOODS: July 24th- September 3rd

Updated  
7/24/2023

**This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.**

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	8:00 AM	8:00 AM	Closed	Closed
							7:15 AM Core Balance 8:15 AM						
8:00 AM Open Basketball	8:00 AM Open Basketball			8:00 AM Open Basketball	8:00 AM Open Basketball			8:00 AM Open Basketball	8:00 AM Open Basketball				
10:00 AM	10:00 AM	10:00 AM Golf Net		10:00 AM	10:00 AM			10:00 AM Golf Net	10:00 AM				
			11:00 AM YPE				10:00 AM Head Waters 11:00 AM			11:00 AM YPE			
		11:45 AM	11:45 AM					11:45 AM	11:45 AM				
12:00 PM Summer Camp		12:00 PM Summer Camp			12:00 PM Open Pickleball		12:30 PM Summer Camp 2:00 PM				12:00 PM	12:00 PM	
		2:30 PM			1:30 PM Head Waters								
					2:30 PM								
	3:15 PM Youth Basketball		3:15 PM Youth Kickball	3:15 PM	3:15 PM Four Square		3:00 PM Summer Camp	3:15 PM Dodgeball					
4:00 PM	4:50 PM	4:00 PM			4:50 PM		4:00 PM	4:00 PM					
				6:30 PM Recreation Skate 7:30 PM	6:30 PM Recreation Skate 7:30 PM								
8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	7:00 PM	7:00 PM				

**(Y CAMP)- Y camp will take priority over any other scheduled gym activities if necessary. Usually due to bad weather outside.**

**Please remember some classes require setup & takedown time.**



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## GYM SCHEDULE — Summer 2 Session

### OPEN BASKETBALL

Hit the hardwoods with the people who invented the game—the YMCA! Stay in shape throughout the year by playing YMCA basketball. These classes are for recreation, but Y players can get competitive. Bring a group of players or come individually. *Free for members. Day Pass for general public.*

### HEADWATERS

A non-profit agency that services individuals with various disabilities. They reserve half of the gym to stay active and do various activities.

### RECREATION SKATE

Ages 13 and up, recreation skate is for roller bladers and skaters to come have a good time skating around the gym. \$25 for the whole session or a \$5 a week drop in fee. Must sign a concussion form before participating.

PLEASE SEE THE [GROUP FITNESS SCHEDULE](#) & [YOUTH SCHEDULE](#) FOR CLASS DESCRIPTIONS.