



GYM SCHEDULE — Spring- 2024

YMCA OF THE NORTHWOODS: April 15 - June 2

Updated
4/15/2024

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
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM				
							7:15AM Balance And Core 8:15AM						
8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball	8:00AM	8:00AM		
			9:30AM Y PE 10:15AM								9:00AM Youth Basketball		
10:00AM	10:00AM			10:00AM	10:00AM			10:00AM Head Waters 11:00AM					
								11:00AM Adult Archery 11:45PM					
12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM						12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		1:00PM	1:00PM
				1:30PM Head Waters 3:15PM									
								3:45PM Youth Kickball 4:30PM Competitive Archery					
	5:00PM Beginner Sports									4:00PM Floor Hockey 5:00PM			
6:00PM Adult Volleyball League	6:00PM Adult Volleyball League							6:00PM Adult Basketball League	6:00PM Adult Basketball League			5:00PM	5:00PM
			7:00PM Adult Volleyball League							6:00PM Teen Night			
8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM				

SCHOOL OUT DAYS-SOD
When school is cancelled, the WEST GYM will be used from 10:00-11:00AM for SOD program.
SOD dates are: April 26.
The After School Program will take priority of the West Gym (3PM-4PM) pending weather.