GYM SCHEDULE – Fall 1 – 2024

YMCA OF THE NORTHWOODS: September 9th – October 27th

Updated 9/10/2024

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	
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	8:00AM	8:00AM
							7:00AM HIIT 8:00AM				
8:00AM Coed Open Basketball 10:00AM	8:00AM Coed Open Basketball 10:00AM			8:00AM Coed Open Basketball 10:00AM	8:00AM Coed Open Basketball 10:00AM			8:00AM Coed Open Basketball 10:00AM	8:00AM Coed Open Basketabll 10:00AM		
			10:30AM Y PE 11:00AM			10:00AM Head Waters 11:00AM					
12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		1:30PM Head Waters 3:00PM		12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		2:00PM	2:00PM
			4:00PM MS/HS Archery 5:30PM		3:45PM Youth Kickball 5:30PM 5:30PM Beginner Sports 6:15PM		3:45PM Youth Basketball 5:30PM 6:00PM		6:00PM		
6:00PM Adult Volleyball League 8:00PM	6:00PM Adult Volleyball League 8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	6:00PM Adult Basketball League 8:00PM	6:00PM Adult Basketball League 8:00PM	8:00PM	6:00PM 6:00PM Teen Night 8:00PM		

Sunday	
WEST	EAST
1:00PM	1:00PM Youth Dodgeball 3:00PM 3:00PM Youth Soccer 5:00PM
5:00PM	5:00PM

SCHOOL OUT DAYS-SOD
When school is cancelled, the WEST GYM will be used from 9:00-10:00AM for SOD program. pickleball will be reduced to the EAST GYM when this occurs. SOD dates are: Sept 27, Oct 14, and Oct 25.

The After School Program will take priority of the West Gym (3PM-4:15PM) pending weather.