



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 2022 GYM SCHEDULE

CARLISLE FAMILY YMCA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| 5-10:30am Member Rec | 5-11:45am Member Rec | 5-10:30am Member Rec | 5-11:45am Member Rec | 5-10:30am Member Rec | 7am-12pm Member Rec | 10am-12pm Indoor Soccer Training |
| 10:30-11:45am Reserved (YMCA Child Care) | | 10:30-11:45am Reserved (YMCA Child Care) | | 10:30-11:45am Reserved (YMCA Child Care) | 12-2pm Full Court Play | 12-2pm Full Court Play |
| 12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED | 12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED | 12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED | 12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED | 12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED | 2-5pm Member Rec (No Full Court) | 2-4pm Member Rec (No Full Court) |
| 2-3pm Member Rec | 2-3pm Member Rec | 2-3pm Member Rec | 2-3pm Member Rec | 2-3pm Member Rec | GYM CLOSED | |
| 3-5:30pm Youth Rec (18 & under) | 3-5:30pm Youth Rec (18 & under) | 3-5:30pm Youth Rec (18 & under) | 3-5:30pm Youth Rec (18 & under) | 3-5:30pm Youth Rec (18 & under) | | |
| 5:30-7:30pm Member Rec | 5:30-7:30pm Member Rec | 5:30-7:30pm Member Rec | 5:30-7:30pm Member Rec | 5:30-7:45pm Member Rec | BUILDING HOURS: Mon-Fri —5am-10pm Sat —7am-5PM Sun —10am-4PM Available Gym Rental Times: Fri —7-9pm | |
| 7:30-9:30pm Adult/Teen Full Court (13 & up) | 7:30-9:30pm Adult/Teen Full Court (13 & up) | 7:30-9:30pm Adult/Teen Full Court (13 & up) | 7:30-9:30pm Adult/Teen Full Court (13 & up) | 7:45-9:30pm Adult/Teen Full Court (13 & up) | | |

*Gym closes at 9:30pm Mon-Fri nights for cleaning

***During inclement weather the YMCA may modify this schedule without advance notice to accommodate Child Care services or other youth activities**

Member Rec — For use by members of all ages. Games are limited to half court unless low numbers allow full court.

Youth Rec — For use by youth ages 18 and under. Games are limited to half court unless low numbers allow full court.

Adult/Teen Full Court — Full court play. Pick-up format.

CARLISLE FAMILY YMCA

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