



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2022 GYM SCHEDULE

CARLISLE FAMILY YMCA

*Gym will be closed September 6th-11th for maintenance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-10:30am Member Rec	5-10:30am Member Rec	5-10:30am Member Rec	5-10:30am Member Rec	5-10:30am Member Rec		
					7am-12pm Member Rec	10am-12pm Member Rec
10:30-11:45am Reserved (YMCA Child Care)	10:30-11:45am Reserved (YMCA Child Care)	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	Available Gym Rental Times: Fri —7-8pm Sun —10-11:30am Building Hours: Mon-Fri —5am-9pm Sat —7am-5pm Sun —10am-4pm	
3-4:30pm Reserved (YMCA Child Care)	3-5:30pm Youth Rec (18 & under)	3-4:30pm Reserved (YMCA Child Care)	3-5:30pm Youth Rec (18 & under)	3-4:30pm Reserved (YMCA Child Care)		
4:30-5:30pm Youth Rec (18 & under)	5:30-7:30pm Member Rec	4:30-5:30pm Youth Rec (18 & under)	5:30-7:30pm Member Rec	4:30-6pm Youth Rec (18 & under)		
5:30-7:45 Member Rec	7:30-8:30pm Adult/Teen Full Court (13 & up)	5:30-7:30pm Member Rec	7:30-8:30pm Adult/Teen Full Court (13 & up)	6-7:30pm Member Rec		
7:45-8:30pm		7:30-8:30pm Adult/Teen Full Court (13 & up)		7:30-8:30pm Adult/Teen Full Court (13 & up)		

*Gym closes at 8:30pm every night for cleaning

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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