



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 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 Member Rec
					12-2pm Full Court play	12-2pm Full Court Play
10:30-11:45am Reserved (YMCA Child Care)		10:30-11:45am Reserved (YMCA Child Care)		10:30-11:45am Reserved (YMCA Child Care)	2-8pm Member Rec (No Full Court)	2-6pm Member Rec (No Full Court)
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		
2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	Available Gym Rental Times: Fri—7-9pm Sun—10-11:30am	
3-5:15pm Youth Rec (18 & under)	3-5:15pm Youth Rec (18 & under)	3-5:15pm Youth Rec (18 & under)	3-5:15pm Youth Rec (18 & under)	3-5:30pm Youth Rec (18 & under)		
5:15-7:45pm Reserved for Youth B-Ball Practice	5:15-7:45pm Reserved for Youth B-Ball Practice	5:15-7:45pm Reserved for Youth B-Ball Practice	5:15-7:45pm Reserved for Youth B-Ball Practice	5:30-7:30pm Member Rec	Building Hours: Mon-Fri—5am-10pm Sat—7am-8pm Sun—10am-6pm	
7:45-9:30pm Adult/Teen Full Court (13 & up)	7:45-9:30pm Adult/Teen Full Court (13 & up)	7:45-9:30pm Adult /Teen Full Court (13 & up)	7:45-9:30pm Adult/Teen Full Court (13 & up)	7:30-9:30pm Adult/Teen Full Court (13 & up)		

*Gym closes at 9:30pm every night for cleaning

*Gym closed for rec basketball 5:15-7:30pm November 1st and 2nd

*Gym will be closed on November 11th from 5:45-8:15 PM

*Rec Basketball practices begin the week of November 16th

*Building hours Nov 1-4, Mon-Fri 5 AM-9 PM, Sat 7 AM-5 PM, Sun 10 AM-4 PM

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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