



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANUARY 2023 GYM SCHEDULE

## CARLISLE FAMILY YMCA

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|---|---|---|---|---|--|---|
| <b>5-10:30am</b><br>Member Rec  | <b>5-9:55am</b><br>Pickleball   | <b>5-10:30am</b><br>Member Rec  | <b>5-9:55am</b><br>Pickleball   | <b>5-10:30am</b><br>Member Rec  | <b>7am-12pm</b><br>Member Rec  | <b>10am-12pm</b><br>Member Rec                |
| <b>10:30-11:45am</b><br>Reserved (YMCA<br>Child Care)                     | <b>10-11:45am</b><br>Member Rec   | <b>10:30-11:45am</b><br>Reserved (YMCA<br>Child Care)                     | <b>10-11:45am</b><br>Member Rec   | <b>10:30-11:45am</b><br>Reserved (YMCA<br>Child Care)                     | <b>12-2pm</b><br>Full Court Play   | <b>12-2pm</b><br>Full Court Play              |
|   |   |   |   |   | <b>2-8pm</b><br>Member Rec<br>(No Full Court)  | <b>2-6pm</b><br>Member Rec<br>(No Full Court) |
| <b>12-2pm</b><br>Noon-time Hoops<br>(19 & over)<br>NO GUESTS<br>PERMITTED | <b>12-2pm</b><br>Noon-time Hoops<br>(19 & over)<br>NO GUESTS<br>PERMITTED | <b>12-2pm</b><br>Noon-time Hoops<br>(19 & over)<br>NO GUESTS<br>PERMITTED | <b>12-2pm</b><br>Noon-time Hoops<br>(19 & over)<br>NO GUESTS<br>PERMITTED | <b>12-2pm</b><br>Noon-time Hoops<br>(19 & over)<br>NO GUESTS<br>PERMITTED | <b>Available Gym Rental Times:</b><br><br><b>Fri</b> —7-9pm<br><br><b>Sun</b> —10-11:30am  |   |
| <b>2-3pm</b><br>Member Rec  | <b>2-3pm</b><br>Member Rec  | <b>2-3pm</b><br>Member Rec  | <b>2-3pm</b><br>Member Rec  | <b>2-3pm</b><br>Member Rec  | <b>*Gym will be closed on<br/>Sunday, January 22<sup>nd</sup> from<br/>10am-6pm</b><br><br><b>*Gym will be closed Saturday,<br/>January 28<sup>th</sup> from 8am-3pm</b> |   |
| <b>3-5:15pm</b><br>Youth Rec<br>(18 & under)                              | <b>3-5:15pm</b><br>Youth Rec<br>(18 & under)                              | <b>3-5:15pm</b><br>Youth Rec<br>(18 & under)                              | <b>3-5:15pm</b><br>Youth Rec<br>(18 & under)                              | <b>3-5:30pm</b><br>Youth Rec<br>(18 & under)                              |  |   |
| <b>5:15-8:30pm</b><br>Reserved for<br>Youth B-Ball<br>Practice            | <b>5:15-8:30pm</b><br>Reserved for<br>Youth B-Ball<br>Practice            | <b>5:15-8:30pm</b><br>Reserved for<br>Youth B-Ball<br>Practice            | <b>5:15-8:30pm</b><br>Reserved for Youth<br>B-Ball Practice               | <b>5:30-7:30pm</b><br>Member Rec  | <b>Building Hours:</b><br><br><b>Mon-Fri</b> —5am-10pm<br><br><b>Sat</b> —7am-8pm<br><br><b>Sun</b> —10am-6pm  |   |
| <b>8:30-9:30pm</b><br>Adult/Teen Full<br>Court (13 & up)                  | <b>8:30-9:30pm</b><br>Adult/Teen Full<br>Court (13 & up)                  | <b>8:30-9:30pm</b><br>Adult /Teen Full<br>Court (13 & up)                 | <b>8:30-9:30pm</b><br>Adult/Teen Full<br>Court (13 & up)                  | <b>7:30-9:30pm</b><br>Adult/Teen Full<br>Court (13 & up)                  |  |   |

**\*Gym closes at 9:30pm 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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