



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

O'FALLON YMCA GYMNASIUM SCHEDULE

618.628.7701
284 N. Seven Hills Rd. O'Fallon, IL 62269
www.ymcaswil.org & "Like" us on Facebook

Effective January 7, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	Open Gym 5-5:30am	Open Gym 5-5:30am	Open Gym 5-5:30am	Open Gym 5-5:30am	Open Gym 5-5:30am	Youth Basketball League Games (Full Court) 8am-1pm			
6:00am	Boot Camp 5:30-6:30am	YXF I 5:30-6:30am	Boot Camp 5:30-6:30am	YXF I 5:30-6:30am	Boot Camp 5:30-6:30am				
7:00am	YXF II 6:30-7:30am	YXF II 6:30-7:30am	Open Gym 6:30-8am	YXF II 6:30-7:30am	YXF II 6:30-7:30am				
8:00am	S.O.S. 8-9am	Circuit Cardio 8:30-9:30am	S.O.S. 8-9am	Circuit Cardio 8:30-9:30am	S.O.S. 8-9am				
9:00am	Boot Camp 9:15-10:15am	ICA Full Court 10am-12pm	Boot Camp 9:15-10:15am	ICA Full Court 10am-12pm	Boot Camp 9:15-10:15am				
10:00am	Open Gym Full Court 10:15am-4pm		Open Gym Full Court 10:15am-4pm		Open Gym Full Court 12pm-5pm				
11:00am									
12:00pm	Advanced Athletic Training (Far 1/2) 4-5pm	Advanced Athletic Training (Far 1/2) 4-5pm	Advanced Athletic Training (Far 1/2) 4-5pm	Advanced Athletic Training (Far 1/2) 4-5pm	Open Gym Full Court 10:15am-5:00pm			Open Gym Full Court 1pm-5:45pm	Open Gym Full Court 12pm-4pm
1:00pm									
2:00pm									
3:00pm									
4:00pm	Youth Basketball League Practices (Full Court) 5-8pm	Youth Basketball League Practices (Full Court) 5-8pm	Youth Basketball League Practices (Full Court) 5-8pm	Youth Basketball League Practices (Full Court) 5-8pm	Youth Basketball League Practices (Full Court) 5-8pm	Note: 1st and 3rd Saturday of the month, the far 1/2 of the gym is shared with Parents' Night Out (4-5:45pm)	Adult Volleyball Ages 21+ Full Court 4-5:45pm		
5:00pm									
6:00pm									
7:00pm	Open Gym Full Court 8-9:45pm	Open Gym Full Court 8-9:45pm	Adult Volleyball Ages 21+ Full Court 8-9:45pm	Adult Basketball Ages 21+ Full Court 8-9:45pm	Note: 3rd Friday of the month, the gym closes at 5:45 for Family Night	Schedule Key: ■ Fitness Classes ■ Sports ■ Open Gym ■ Schedule Change Notice			
8:00pm									
9:00pm									
10:00pm									

Open Gym: Times indicated are for children, families and adults. Players must follow court rules to allow maximum participation.