

# GYM SCHEDULE

## Cowart Family-Ashford Dunwoody YMCA

August 8 - November 29, 2009



6:00 7:00 8:00 9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:00 5:00 6:00 7:00 8:00 9:00 10:00

|                  |       |             |            |                 |               |  |            |              |          |
|------------------|-------|-------------|------------|-----------------|---------------|--|------------|--------------|----------|
| <b>Monday</b>    | North | Open Gym    |            |                 |               |  |            | Adult Pickup | Open Gym |
|                  | South | Open Gym    | Gymnastics |                 |               |  | Family Gym |              |          |
| <b>Tuesday</b>   | North | Open Gym    |            |                 |               |  |            |              |          |
|                  | South | Open Gym    | Gymnastics |                 |               |  | Family Gym |              |          |
| <b>Wednesday</b> | North | Open Gym    |            |                 |               |  |            | Adult Pickup | Open Gym |
|                  | South | Family Gym  |            |                 |               |  |            |              |          |
| <b>Thursday</b>  | North | Open Gym    |            |                 |               |  |            |              |          |
|                  | South | Open Gym    | Gymnastics |                 |               |  | Family Gym |              |          |
| <b>Friday</b>    | North | Open Gym    |            |                 |               |  |            |              |          |
|                  | South | Family Gym  |            |                 |               |  |            |              |          |
| <b>Saturday</b>  | North |             | Open       | Adult Pick-Up   | Open Gym      |  |            |              |          |
|                  | South | YMCA CLOSED | Family     | Adult Pick-Up   | Family Gym    |  |            | YMCA CLOSED  |          |
| <b>Sunday</b>    | North | YMCA CLOSED | Open Gym   | 40 over Pick-Up | 12PM-3PM      |  | Open Gym   |              |          |
|                  | South |             | Open Gym   |                 | Adult Pick-Up |  | Open Gym   | YMCA CLOSED  |          |

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Occasionally, last minute changes may need to be made. Changes will be posted in advance.