



Decatur-DeKalb YMCA Gymnasium Schedule

JANUARY-2010

<u>Day</u>	<u>Time</u>	<u>East Gym</u>	<u>West Gym</u>
MON.	5:00 a.m. – 7:00 a.m.	Volleyball	Open Gym
	7:00 a.m. – 9:20 a.m.	Open Gym	Open Gym
	9:20 a.m. – 10:20 a.m.	Boot Camp (Whole Gym)	Boot Camp (Whole Gym)
	10:20 a.m. – 12:00 p.m.	Open Gym	Open Gym
	12:00 a.m. – 2:00 p.m.	Men's Full Court Basketball	Men's Full Court Basketball
	2:00 p.m. – 4:00 p.m.	Open Gym	Open Gym
	4:00 p.m. – 5:30 p.m.	After School Play/Teen Fit	Youth Basketball Practice
	5:30 p.m. – 8:30 p.m.	Youth Basketball Practice	Youth Basketball Practice
	8:30 p.m. – Close	Open Gym	Open Gym

Notes:

TUES.	5:00 a.m. – 8:00 a.m.	Volleyball	Open Gym
	8:00 a.m. – 1:00 p.m.	Open Gym	Gymnastics
	1:00 p.m. – 3:00 p.m.	Horizons School	Gymnastics
	3:00 p.m. – 4:00 p.m.	Open Gym	Gymnastics
	4:00 p.m. – 5:30 p.m.	After School Play	Gymnastics
	5:30 p.m. – 7:30 p.m.	Youth Basketball Practice	Gymnastics
	7:30 p.m. – Close	Open Adult Volleyball	Gymnastics

Notes:

WED.	5:00 a.m. – 7:00 a.m.	Volleyball	Open Gym
	7:00 a.m. – 8:10 a.m.	Open Gym	Open Gym
	8:10 a.m. – 9:05 a.m.	Boot Camp (Whole Gym)	Boot Camp (Whole Gym)
	9:05 a.m. – 11:30a.m.	Open Gym	Open Gym
	11:30 a.m. – 4:00 p.m.	Full Court Adult Basketball	Full Court Adult Basketball
	4:00 p.m. – 5:30 p.m.	After School Play/Teen Fit	Youth Basketball Practice
	5:30 p.m. – 8:30 p.m.	Youth Basketball Practice	Youth Basketball Practice
	8:30 p.m. – Close	Open Gym	Open Gym

Notes:

THURS.	5:00 a.m. – 7:00 a.m.	Volleyball	Open Gym
	7:00 a.m. – 1:00 p.m.	Open Gym	Gymnastics
	1:00 p.m. – 3:00 p.m.	Horizons School	Gymnastics
	3:00 p.m. – 4:00 p.m.	Open Gym	Gymnastics
	4:00 p.m. – 6:30 p.m.	After School Play	Gymnastics
	6:30 p.m. – 7:30 p.m.	Youth Basketball Practice	Gymnastics
	7:30 p.m. – 8:30 p.m.	Youth Basketball Practice	Open Gym
	8:30 p.m. – Close	Open Adult Volleyball	Open Gym

Notes:

Decatur-DeKalb Family YMCA, 1100 Clairemont Ave., Decatur, GA, 30030
Phone: 404-377-9622

Visit us on our website at: ddy.ymcaatlanta.org

Management reserves the right to make changes to the gymnasium schedule as necessary.

Please Turn Over →→



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JANUARY-2010

<u>Day</u>	<u>Time</u>	<u>East Gym</u>	<u>West Gym</u>
FRI.	5:00 a.m. – 7:00 a.m.	Volleyball	Open Gym
	7:00 a.m. – 9:20 a.m.	Open Gym	Open Gym
	9:20 a.m. – 10:20 a.m.	Boot Camp (Whole Gym)	Boot Camp (Whole Gym)
	10:20 a.m. – 11:30 a.m.	Open Gym	Open Gym
	11:30 a.m. – 2:30 p.m.	Full Court Adult Basketball	Full Court Adult Basketball
	2:30 p.m. – 4:00 p.m.	Open Gym	Open Gym
	4:00 p.m. – 5:30 p.m.	After School Play/Teen Fit	Open Gym
	5:30 p.m. – 8:30 p.m.	Youth Basketball Practice	Youth Basketball Open Play
	8:30 p.m. – Close	Open Gym	Open Gym

Notes:

SAT.	8:00 a.m. – Close	Youth Basketball Games	Youth Basketball Games
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Notes:

SUN.	8:00 a.m. – 10:30 a.m.	Youth and Family Time	Open Gym
	10:30 a.m. – 11:30 a.m.	Adult Basketball	Open Gym
	11:30 a.m. – 1:00 pm	Youth Basketball Games	Youth Basketball Games
	1:00 p.m. – Close	Youth Indoor Soccer	Youth Indoor Soccer

Notes:

UPCOMING EVENTS:

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