

North Penn YMCA, Lansdale Branch

Meg Gym Schedule Winter 2012

	A Side	B Side	A Side	B Side	A Side	B Side	A Side	B Side	A Side	B Side	A Side	B Side	A Side	B Side
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00 AM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		YMCA Open		YMCA open	
5:30 AM	Fitness Boot Camp				Fitness Boot Camp									
6:00 AM	5:30-6:30				5:30-6:30									
6:30 AM	Open Gym				Open Gym						at 7:00 AM		at 12:00	
7:00 AM											Adult Basketball			
7:30 AM											7:00 - 9:00		PM	
8:00 AM											Youth Basketball		Open Gym	
8:30 AM					ABC of AOA 8:30-9:15						League 9:00-10:15			
9:00 AM	Total body workout for woman 9:00-9:40				Beg. Sr. Ball Training 9:15-						Ages 5-7			
9:30 AM					Retiree Basketball 10:00-						Youth Basketball			
10:00 AM					11:00						League 10:30-11:45			
10:30 AM			Fit Kids 10:30-11:15 Ages 3-4		Preschool Multi Sports 10:30-11:15 Ages 2-3				Preschool Multi Sports 10:30-11:15 Ages 2-3		Fit Kids 10:30-		Youth Basketball	
11:00 AM	Healthy Body Toning 11:00-12:00		Open Gym		Int. Sr. Ball Training 11:00-12:00				Healthy Body Toning 11:30-12:00		11:15 Ages 3-4		League 10:30-11:45	
11:30 AM			Healthy Body Toning 11:30-12:30								Ages 7-8			
12:00 PM					Fit Kids 12-12:45pm Ages 3-4				Healthy Body Toning 11:30-12:30		Open Gym		Youth Basketball	
12:30 PM									Home School 12:30-1:00				League 12:00-1:15	
1:00 PM			Kinder Flr Hockey Ages 4-6		Kinder Basketball 1:15-2:00 Ages 4-6		Kinder Soccer 1:00-1:45 Ages 4-6						Ages 9-12	
1:30 PM									Kinder T-Ball 1:15-2:00 Ages 4-6				Adult Basketball	
2:00 PM	Open Gym		Tennis 2:00-3:00 Age 4-6 beginner						Home School 2:00-2:45				12:00 - 2:00	
2:30 PM			Tennis 3:00-4:00pm Age 4-6 interm										Youth Basketball 2:00-3:30	
3:00 PM													Ages 6-13	
3:30 PM													Open Gym	
4:00 PM			Youth Floor Hockey 4:15-5:00 Ages 6-10		Schools Out		Youth Basketball 4:15-5:00 Ages 6-10							
4:30 PM	Schools Out		4:00-5:00		Schools Out		4:15-5:00 Ages 6-10		Schools Out		4:15-5:00 Ages 6-10			
5:00 PM	4:30-5:15		Open Gym		4:30-5:30		Tennis 5-6pm Ages 7-8 Beg		4:30-5:30					
5:30 PM									Open Gym		Tennis 4:00-5:00 ages 7-8 beg/interm			
6:00 PM	Youth Indoor Soccer League		Fit Kids 6:00-6:45 Ages 3-4		TKD YOUTH 6-7pm Parent/Child 7 & up		TKD YOUTH Ages 7-12 Yellow Belt & up		Tennis 6-7pm Ages 7-8 Inter/Adv		ages 7-8 Match		Open Gym	
6:30 PM	5:15-7:15 Ages 5-6 & 7-8								Dodgeball 6:00-7:15pm Ages 7-11		Tennis 5:00-6:00 Play			
7:00 PM			35yrs & up Basketball 7:00-		Teen Volleyball 7:00-8:00				Dodgeball 7:15-8:30pm Ages 10-14					
7:30 PM	Rental 7:15-8:15 or													
8:00 PM	TKD 7:30-8:30		8:30											
8:30 PM	Adult Volleyball		Adult		Adult Volleyball		Adult Basketball		Special Olympics 8:00-9:30		YMCA			
9:00 PM											Closed at			
9:30 PM			Floor Hockey				8:30 - 10:00		Open Gym					
10:00 PM							Open Gym		YMCA Closed at					
10:30 PM									10:00 PM		8:00 PM		YMCA Closed	
11:00 PM	8:30 - 10:45		8:30-10:45		8:30 - 10:45									

12.7.11

Please Note: Open gym times may change with out prior notice.