



# Melrose Family YMCA Gym Schedule (9/5-10/29)

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00AM Open Gym	5:00-6:00AM Open Gym	5:30-6:30AM Interval Training	5:00-6:00AM Open Gym	5:00-7:00AM Open Gym	5:30-8:30AM Open Gym	7:00-10:00AM Adult Basketball
9:00-11:00AM Youth Sports	6:00-7:00AM Boot Camp	6:30-10:00AM Open Gym	6:00-7:00AM Boot Camp	7:00-10:00AM Adult Basketball	8:30-12:15PM Youth Sports	10:00-12:00PM Family Open
11:00-12:00PM Family Open	7:00-11:00AM Open Gym	10:00-11:00AM Family Open	7:00-11:00AM Open Gym	10:00-12:00PM Youth Sports	12:15-6:00PM Open Gym	<b>Court 1</b> 12:00-6:00PM Open Youth <b>Court 2</b> 12:00-6:00PM Open Teen/Adult
12:00-3:00PM Open Gym	11:00-12:00PM Youth Sports	11:00-3:00PM Open Gym	11:00-12:00PM Youth Sports	12:00-5:30PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen	<p style="text-align: center;"><b>Updated 9/12/2017</b></p> <p style="text-align: center;"><b>NOTES: The YMCA reserves the right to modify this schedule at any time as well as dividing the court to accommodate youth and family members. For information on Gym Rentals, Birthdays or classes please contact us at (781) 665-4360</b></p>	
3:00-4:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen	12:00-1:00PM Stay Fit	3:00-5:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Teen	12:00-1:00PM Stay Fit	5:30-10:00PM Open Gym		
4:00-5:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	1:00-3:00PM Open Gym	5:00-7:00PM Open Gym	1:00-3:00 PM Open Gym			
5:00-7:00PM Open Gym	3:00-4:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Teen	7:00-10:00PM Adult Basketball	3:00-5:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen			
7:00-10:00PM Adult Basketball	4:00-10:00PM Open Gym		5:00-6:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym			
			6:00-10:00PM Open Gym			