



MELROSE FAMILY YMCA

GYM SCHEDULE

Oct 29th-Dec 23rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-10:00AM Adult Basketball	6:00-9:00AM Open Gym	6:00-7:00AM Boot Camp	6:00-9:00AM Open Gym	6:00-7:00AM Boot Camp	7:00-10:00AM Adult Basketball	6:30-8:30AM Open Gym
10:00AM-12:00PM Court 1 Family Open Court 2 Open Gym	9:00-11:00AM Youth Sports	7:00-8:00AM Open Gym	9:00-11:00AM Court 1 Family Open Court 2 Open Gym	7:00-8:00AM Open Gym	10:00-12:00PM Youth Sports	8:30-9:15AM Youth Sports
12:00-6:00PM Open Gym	11:00-12:00PM Court 1 Family Open Court 2 Open Gym	8:00-11:00AM St. Mary's Rental	11:00-12:00PM Youth Sports	8:00-11:00AM St. Mary's Rental	12:00-2:00PM Court 1 Family Open Court 2 Open Gym	9:15-2:00PM Court 1 Family Open Court 2 Open Gym
	12:00-3:00PM Open Gym	11:00AM-12:00PM Court 1 Family Open Court 2 Open Gym	12:00-3:00PM Open Gym	11:00AM-12:00PM Court 1 Family Open Court 2 Open Gym	2:00-3:00PM Open Gym	2:00-6:00PM Open Gym
	3:00-4:00PM Court 1 Open Youth Court 2 Open Teen	12:00-1:00PM Stay Fit	3:00-4:00PM Court 1 Youth Sports Court 2 Open Gym	12:00-1:00PM Stay Fit	3:00-5:00PM Court 1 Open Youth Court 2 Open Teen	
	4:00-5:45PM Court 1 Youth Sports Court 2 Open Gym	1:00-3:00PM Open Gym	4:00-5:45PM Open Gym	1:00-3:00PM Open Gym	5:00-10:00PM Open Gym	
	5:45-7:00PM 8 th Grade Girls Basketball Practice	3:00-4:00PM Court 1 Youth Sports Court 2 Open Gym	5:45-7:00PM 8 th Grade Girls Basketball Practice	3:00-4:00PM Court 1 Youth Sports Court 2 Open Gym		
	7:00-10:00PM Adult Basketball	4:00-5:00PM Court 1 Open Youth Court 2 Open Teen	7:00-10:00PM Adult Basketball	4:00-5:00PM Court 1 Open Youth Court 2 Open Teen		
		5:00-6:00PM Court 1 Youth Sports Court 2 Open Gym		5:00-6:00PM Court 1 Youth Sports Court 2 Open Gym		
		6:00-10:00PM Open Gym		6:00-10:00PM Open Gym		

NOTES: The YMCA reserves the right to modify this schedule at any time. For information on Gym Rentals, Birthdays or classes please contact us at (781) 665-4360