



## Melrose Family YMCA Winter Gym Schedule 1/2/19-2/17/19

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00AM Open Gym	6:00-7:00AM Boot Camp	5:30-6:30AM Interval Training	6:00-7:00AM Boot Camp	5:00-7:00AM Open Gym	6:30-8:30AM Open Gym	7:00-10:00AM Adult Basketball
9:00-11:00 AM Youth Sports	7:00-8:00AM Open Gym	6:30-10:00AM Open Gym	7:00-8:00AM Open Gym	7:00-8:45AM Adult Basketball	8:30-11:00AM Youth Sports	10:00-12:00PM <b>Court 1</b> Open Family <b>Court 2</b> Open Gym
11:00-3:00PM Open Gym	8:00-11:00PM St. Marys	10:00-12:00PM Family Open	8:00-11:00PM St. Marys	8:45-10:00AM Tread and Shred	11:00-12:00PM <b>Court 1</b> Open Family <b>Court 2</b> Open Gym	12:00-6:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen/Adult
3:00-4:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	11:00-12:00PM Open Gym	12:00-3:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen	11:00-12:00PM Youth Sports	10:00-12:00PM Youth Sports	12:00-6:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen/Adult	
4:00-5:45PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	12:00-1:00PM Stay Fit	3:00-4:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	12:00-1:00PM Stay Fit	12:00-6:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen/Adult	<p><b>Updated 1/07/2019</b></p> <p><b>NOTES: The YMCA re-serves the right to modify this schedule at any time. For information on Gym Rentals, Birthdays or classes please contact us at (781) 665-4360</b></p> <p><b>The Basketball Gym is closed during Travel Basketball Games 1/19/19 @ 4:00 2/3/19 @ 12:30 2/24/19 @ 12:00</b></p>	
5:45-7:00 PM Girls Travel BBall Practice	1:00-3:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen/Adult	4:00-5:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen	12:00-4:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Teen/Adult	6:00-10:00PM Open Gym		
7:00-10:00PM Adult Men's Basketball	3:00-4:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	5:00-5:45 PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym	4:00-5:00PM <b>Court 1</b> Youth Sports <b>Court 2</b> Open Gym			
	4:00-7:00PM <b>Court 1</b> Open Youth <b>Court 2</b> Open Gym	5:45-7:00PM Girls Travel BBall Practice	5:00-10:00PM Open Gym			
	7:00-10:00PM Open Gym	7:00-10:00PM Adult Basketball				