

Effective: July 5, 2010

YSPORTS & FITNESS™

We build strong kids, strong families, strong communities.

FERNDALE GYM SCHEDULE

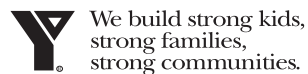
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 9:00 Open Gym	6:00 - 7:00 Cycle Circuit	6:00 - 9:00 Open Gym	6:00 - 9:00 Drop-in Basketball	6:00 - 9:00 Open Gym		
	7:00 - 9:00 Drop-in Basketball				7:00 - 9:00 Drop-in Basketball	
9:00 - 12:00 Drop-in Pickleball	9:00 - 10:00 Open Gym	9:00 - 12:00 Drop-in Pickleball	9:00 - 10:00 Open Gym	9:00 - 12:00 Drop-in Pickleball	9:00 - 5:00 Open Gym	
	10:00 - 12:00 Little Hoopsters 7/20 - 8/10		10:00 - 12:00 Little Hoopsters 7/22 - 8/12			
12:00 - 2:00 Open Gym	12:00 - 2:00 Drop-in Basketball	12:00 - 2:00 Open Gym	12:00 - 2:00 Drop-in Basketball	12:00 - 2:00 Open Gym		
2:00 - 4:30 Drop-in Volleyball	2:00 - 6:30 Open Gym	2:00 - 4:30 Drop-in Volleyball	2:00 - 6:30 Open Gym	2:00 - 4:30 Drop-in Volleyball		
4:30 - 7:00 Open Gym		4:30 - 7:00 Open Gym		4:30 - 9:45 Open Gym		
7:00 - 9:45 Drop-in Volleyball	6:30 - 8:00 Taekwon-do 6/1 - 9/28	7:15 - 8:30 Cycle Circuit	6:30 - 8:00 Taekwon-do 6/3 - 9/30			
	8:00 - 9:45 Drop-in Basketball	8:30 - 9:45 Open Gym	8:00 - 9:45 Drop-in Basketball			1:00 - 4:00 Open Gym

Family Fun Night: Friday, July 9, 6:00-7:30pm

Little Hoopster Mini Camp: July 19 - 22, Monday - Thursday, 12:00-1:00pm

Basketball Sports Camp: August 23 - 27, Monday - Friday, 9:00am-12:00pm

For more information contact
PE Director, 733-8630



www.whatcomymca.org

YADULT RECREATION ACTIVITIES™

We build strong kids, strong families, strong communities.

GYMNASIUM GUIDELINES

Gym guidelines are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area.

Unsportsmanlike behavior and foul language will not be tolerated and is subject to loss of membership privileges or termination of league participation.

Sports equipment is available at the service desk. Please return equipment to the desk.

Food, snacks and gum is not permitted in the gymnasium.

Please put used sweat towels in the towel receptacle and trash in the trash can.

DESCRIPTIONS OF GYM TIME

Open Gym: No full court games allowed. Members and guests participate as individuals or in small groups. Open gym may be cancelled without prior notice if YMCA programming dictates.

Drop-in Basketball, Volleyball & Pickleball: Full court games for members and guests to join in. All skills levels are welcomed. Not all games are available at all Whatcom Family YMCA locations.

Reserved Pickleball: A small group of players reserving gym time for pickleball. To reserve a court time contact the P.E. Director.

YMCA Sports Programs: The gym is closed during YMCA sports programs. These programs are shaded on the gym schedule. Participants must be registered for the program in order to participate.

For more information contact
P.E. Director at 733-8630.

 We build strong kids,
strong families,
strong communities.

www.whatcomymca.org