

Effective: June 21, 2010



We build strong kids, strong families, strong communities.

## LYNDEN GYM SCHEDULE

| MONDAY  | TUESDAY                        | WEDNESDAY   | THURSDAY   | FRIDAY                         | SATURDAY                       | SUNDAY                     |
|---|--------------------------------|---|--|--------------------------------|--------------------------------|----------------------------|
| 5:30 - 9:45<br>Open<br>Gym                          | 5:30am - 9:30pm<br>Open<br>Gym | 5:30 - 9:45<br>Open<br>Gym                          | 5:30am - 5:30pm<br>Open<br>Gym                   | 5:30am - 9:30pm<br>Open<br>Gym |                                |                            |
| 9:45 - 10:45<br><b>SilverSneakers®<br/>Strength</b> |                                | 9:45 - 10:45<br><b>SilverSneakers®<br/>Strength</b> |  |                                |                                |                            |
| 11:00 - 7:00<br>Open<br>Gym                         |                                | 11:00 - 9:30<br>Open<br>Gym                         |  |                                |                                |                            |
|   |                                |   | 5:30 - 6:15<br><b>Lil' Dragon<br/>6/3 - 9/23</b> |                                |                                |                            |
|   |                                |   | 6:30 - 8:00<br><b>Karate<br/>6/3 - 9/30</b>      |                                |                                |                            |
| 7:00 - 8:30<br><b>Karate<br/>6/7 - 9/27</b>         |                                |   | 8:00 - 9:30<br>Open<br>Gym                       |                                |                                |                            |
| 8:30 - 9:30<br>Open<br>Gym                          |                                |   |  |                                |                                |                            |
|   |                                |   |  |                                | 8:00am - 6:00pm<br>Open<br>Gym |                            |
|   |                                |   |  |                                |                                | 1:00 - 4:00<br>Open<br>Gym |

Little Hoopsters: July 12 - 22, Monday - Thursday, 9:30-11:45am

Youth Gymnastics: July 21 - 23 and July 28 - 30, Wed/Thur/Fri, 9:30-11:30am

Open Gym may be cancelled without prior notice if YMCA programming dictates.

No full court games during Open Gym when families and young children want to shoot.

For more information contact  
PE Director, 354-5000



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# YADULT RECREATION ACTIVITIES™

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## 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.

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