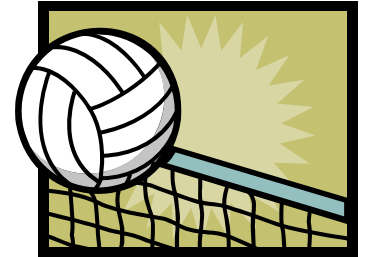


<b><u>MONDAY</u></b> 5:30 – 11 a.m. 11 a.m. – 2 p.m.  2 – 10 p.m.	<b><u>GYM 1</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 2</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 3</u></b> Family/Adult <i>*OpenVolleyball (Members Only)</i> Open Gym
<b><u>TUESDAY</u></b> 5:30 – 11 a.m. 11 a.m. – 2 p.m.  2 – 6:15 p.m. 6:15 – 9:30 p.m.	<b><u>GYM 1</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym Open Gym Open Gym	<b><u>GYM 2</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym Adult Basketball League	<b><u>GYM 3</u></b> Family/Adult <i>*OpenVolleyball (Members Only)</i> Open Gym Adult Basketball League
<b><u>WEDNESDAY</u></b> 5:30 – 11 a.m. 11 a.m. – 2 p.m.  2 – 10 p.m.	<b><u>GYM 1</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 2</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 3</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym
<b><u>THURSDAY</u></b> 5:30 – 11 a.m. 11 a.m. – 2 p.m.  2 – 10 p.m.	<b><u>GYM 1</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 2</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 3</u></b> Family/Adult <i>*OpenVolleyball (Members Only)</i> Open Gym
<b><u>FRIDAY</u></b> 5:30 – 11 a.m. 11 a.m. – 2 p.m.  2 – 9 p.m.	<b><u>GYM 1</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 2</u></b> Family/Adult <i>*Adult Open (Members Only)</i> Open Gym	<b><u>GYM 3</u></b> Family/Adult <i>*OpenVolleyball (Members Only)</i> Open Gym
<b><u>SATURDAY</u></b> 7 am - Noon Noon – 6 p.m.	<b><u>GYM 1</u></b> Family Gym Open Gym	<b><u>GYM 2</u></b> Family Gym Open Gym	<b><u>GYM 3</u></b> Family Gym Open Gym
<b><u>SUNDAY</u></b> Noon – 5 p.m.	<b><u>GYM 1</u></b> Open Gym	<b><u>GYM 2</u></b> Open Gym	<b><u>GYM 3</u></b> Open Gym

## Helen G. Nassif YMCA Gym Schedule August 2010



Courts may be reserved for YMCA programs if needed at anytime.

Signs will be posted for advanced notice of YMCA programs.

- One gym will be open at all times, unless it is needed for a YMCA Program.
- If there is only one gym open, there will be NO full-court pick-up basketball games allowed.
- Please call ahead to verify the schedule. We will update it as conflicts arise.

**The Helen G. Nassif YMCA will be closed for our annual shutdown days starting Thursday, August 19 – Sunday, August 22, 2010**

**Youth Volleyball 1:30 – 3:30 pm Monday, Tuesday, Thursday, and Friday August 23, 24, 26, and 27.**