



LANDING Y GYM SCHEDULE

EARLY SPRING 2018: UPDATED 5-1-2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.						
7 a.m.	OPEN GYM 6-8 a.m.	NAVY PHYSICAL TRAINING 7-8 a.m.	OPEN GYM 6-9 a.m.	NAVY PHYSICAL TRAINING 7-8 a.m.	NAVY PHYSICAL TRAINING 7-8 a.m.	
8 a.m.	BEGINNER PICKLEBALL 8-9:30 a.m.	PICKLEBALL 8-10:30 a.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix			PICKLEBALL 8-10:30 a.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	OPEN GYM 8-9 a.m.
9 a.m.						
10 a.m.	PICKLEBALL 9:30 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix		PICKLEBALL 9 a.m. to Noon First 90 minutes 4.0 on Court 1 3.5+ on Court 2 3.0 & Lower on Court 3 After, All Levels Mix	PICKLEBALL 9 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix		PICKLEBALL 9 - 11:45 a.m.
11 a.m.		SPECIAL ACTIVITIES 10:30 a.m. to Noon			LSVT PARKINSON'S 11 a.m. to Noon	
Noon						
1 p.m.	REAL SCHOOL Noon to 1 p.m.	OPEN GYM Noon to 1 p.m.	REAL SCHOOL Noon to 1 p.m.	OPEN GYM Noon to 1 p.m.	REAL SCHOOL Noon to 1 p.m.	
2 p.m.	OPEN GYM 1-2 p.m.	ROCK STEADY WARMUP 1:30- 2 p.m.		ROCK STEADY WARMUP 1:30- 2 p.m.		
3 p.m.	HARPSWELL COASTAL 2-3 p.m.	HARPSWELL COASTAL 2-3 p.m.		HARPSWELL COASTAL 2-3 p.m.	HARPSWELL COASTAL 2-3 p.m.	
4 p.m.	OPEN GYM 3-5 p.m.	OPEN GYM 3-5 p.m.	OPEN GYM 2-5:30 p.m.	OPEN GYM 3-5 p.m.	OPEN GYM 3-5:30 p.m.	
5 p.m.						
6 p.m.	NAVY BASKETBALL 5-7:15 p.m.	PICKLEBALL 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	WAYFAIR BASKETBALL 5:30-7 p.m.	PICKLEBALL 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix		
7 p.m.						

KEY

- NAVY
- BASKETBALL
- CLASSES
- PICKLEBALL
- ACTIVITIES
- OPEN GYM
- SCHOOLS

QUESTIONS? Call (207) 844-2801 or go to bathymca.org.

Monday-Thursday: 6 a.m. to 7:30 p.m.
Friday: 6 a.m. to 5p.m.
Saturday: 8 a.m. to Noon, Sunday: CLOSED