



# LANDING Y GYM SCHEDULE

## FALL 2018: UPDATED 9-4-2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.						
7 a.m.	<b>OPEN GYM</b> 6-8 a.m.	<b>OPEN GYM</b> 6-8 a.m.	<b>OPEN GYM</b> 6-9 a.m.	<b>OPEN GYM</b> 8-9 a.m.	<b>OPEN GYM</b> 6-8 a.m.	
8 a.m.	<b>BEGINNER PICKLEBALL</b> 8-9:30 a.m.	<b>PICKLEBALL</b> 8-10:30 a.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix			<b>PICKLEBALL</b> 8-10:30 a.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	<b>OPEN GYM</b> 8-9 a.m.
9 a.m.						
10 a.m.	<b>PICKLEBALL</b> 9:30 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix		<b>PICKLEBALL</b> 9 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix	<b>PICKLEBALL</b> 9 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix		<b>PICKLEBALL</b> 9 - 11:45 a.m. Open Play
11 a.m.		<b>SPECIAL ACTIVITIES</b> 10:30 a.m. to Noon			<b>LSVT PARKINSON'S</b> 11 a.m. to Noon	
Noon						
1 p.m.		<b>OPEN GYM</b> Noon to 1:30 p.m.		<b>OPEN GYM</b> Noon to 1:30 p.m.		
2 p.m.		<b>ROCK STEADY WARMUP</b> 1:30- 2 p.m.		<b>ROCK STEADY WARMUP</b> 1:30- 2 p.m.	<b>OPEN GYM</b> Noon-5 p.m.	
3 p.m.	<b>OPEN GYM</b> Noon-7:15 p.m.	<b>OPEN GYM</b> 2-5 p.m.	<b>OPEN GYM</b> 1-5:30 p.m.	<b>OPEN GYM</b> 2-5 p.m.		
4 p.m.						
5 p.m.						
6 p.m.		<b>PICKLEBALL</b> 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	<b>BEGINNER PICKLEBALL LESSONS</b> 5:30-7:30 p.m. (Begins 9/19-10/24)	<b>PICKLEBALL</b> 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](http://bathymca.org).

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