



LANDING Y GYM SCHEDULE

WINTER 2018: UPDATED 2-16-18

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---|---|---|-------------------------------------|
| 6 a.m. | | | | | | |
| 7 a.m. | OPEN GYM 6-9 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. | | | | | | OPEN GYM 8-9 a.m. |
| 9 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 | |
| 10 a.m. | 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 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. | OPEN GYM 12-12:45 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 (Begins 2/21) 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 6 p.m.
Saturday: 8 a.m. to 1 p.m., Sunday: CLOSED