



LANDING Y GYM SCHEDULE

WINTER 2019: UPDATED 1-31-19

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.	OPEN GYM 6-8 a.m.	OPEN GYM 6-9 a.m.	OPEN GYM 6-9 a.m.	OPEN GYM 6-8 a.m.	
8 a.m.	BEGINNER PICKLEBALL 8-9:30 a.m. Court 1	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	YOUTH BASKETBALL PROGRAM* 8-11 a.m. *Brunswick Rec Department program
9 a.m.	PICKLEBALL 8 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 3.5+ on Court 3 3.0 on Court 2 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		
10 a.m.						
11 a.m.		SPECIAL ACTIVITES 10:30 a.m. to Noon			LSVT PARKINSON'S 11 a.m. to Noon	
Noon						PICKLEBALL 11 a.m. to 12:45 p.m. Open Play
1 p.m.		OPEN GYM Noon to 1:30 p.m.		INTERMEDIATE PICKLEBALL LESSONS (Ends 2/28) Noon-1:30 p.m.		
2 p.m.		ROCK STEADY WARMUP 1:30- 2 p.m.		ROCK STEADY WARMUP 1:30- 2 p.m.		
3 p.m.	OPEN GYM Noon-7:15 p.m.	HARPSWELL COASTAL ACADEMY 2:15- 3 p.m.	OPEN GYM Noon-5:30 p.m.		HARPSWELL COASTAL ACADEMY 2:15- 3 p.m.	
4 p.m.		OPEN GYM 3-5 p.m.		OPEN GYM 2-5 p.m.	OPEN GYM 3-5 p.m.	
5 p.m.						
6 p.m.		PICKLEBALL 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	BEGINNER PICKLEBALL LESSONS* (1/23-2/13) 5:30-7:15 p.m. *This is a Merrymeeting Adult Education program.	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