



LANDING Y GYM SCHEDULE

EARLY SPRING 2019: UPDATED 4-18-19

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 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	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 8 a.m. to Noon First 90 minutes 3.5+ on Court 3 3.0 on Court 2 After, All Levels Mix	SPECIAL ACTIVITIES 10:30 a.m. to Noon				PICKLEBALL 9 a.m. to Noon Open Play
11 a.m.						
Noon					LSVT PARKINSON'S 11 a.m. to Noon	
1 p.m.	OPEN GYM Noon-7:15 p.m.	OPEN GYM Noon to 1:30 p.m.	OPEN GYM Noon-1 p.m.	OPEN GYM Noon-1:15 p.m.	OPEN GYM Noon-2:15 p.m.	OPEN GYM Noon-1 p.m.
2 p.m.		ROCK STEADY WARMUP 1:30- 2 p.m.	BEGINNER PICKLEBALL (3/6-4/24) 1-3 p.m.	ROCK STEADY WARMUP 1:30- 2 p.m.		
3 p.m.		HARPSWELL COASTAL ACADEMY 2:15- 3 p.m.			HARPSWELL COASTAL ACADEMY 2:15- 3 p.m.	
4 p.m.		OPEN GYM 3-5 p.m.		OPEN GYM 3-6 p.m.	OPEN GYM 2-5 p.m.	OPEN GYM 3-5 p.m.
5 p.m.		PICKLEBALL 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix		PICKLEBALL 5-7:15 p.m. First 60 Minutes 3.5+ on Court 3 After, All Levels Mix	AAU PROGRAM (3/1-5/3) 5-6 p.m.	
6 p.m.			AAU PROGRAM (3/6-5/1) 6-7:15 p.m.			
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 5 p.m.
Saturday: 8 a.m. to 12 p.m.; Sunday: CLOSED