



# BATH Y GYM SCHEDULE

WINTER 2020: UPDATED 1-27-20

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5-8 a.m.	OPEN GYM 5-9 a.m.	OPEN GYM 5-8 a.m.	OPEN GYM 5-9 a.m.	OPEN GYM 5-8 a.m.	OPEN GYM 7 a.m. to Close	PICKLEBALL 9-11 a.m.
PICKLEBALL 8-10 a.m.	PICKLEBALL (Half Court) 8:30-9:45 a.m.	PICKLEBALL 8-10 a.m.	PICKLEBALL (Half Court) 8:30-9:45 a.m.	PICKLEBALL 8-10 a.m.		OPEN GYM 11 a.m. to Close
SILVER FIT 10-11 a.m.	ZUMBA 9-10 a.m.	SILVER FIT 10-11 a.m.	BARRE ABOVE 9-10 a.m.	SILVER FIT 10-11 a.m.		
AOA BASKETBALL (Half Court) 10:30-11:30 a.m.	PICKLEBALL (Full Court) 9:45-11:15 a.m. (Depends on Child Care)	AOA BASKETBALL (Half Court) 10:30-11:30 a.m.	PICKLEBALL (Full Court) 9:45-11:15 a.m. (Depends on Child Care)	AOA BASKETBALL (Half Court) 10:30-11:30 a.m.		
ADULT BASKETBALL (Full Court) 11:30 a.m.-1 p.m.	ADULT BASKETBALL (Full Court) 11:30 a.m.-1 p.m.	ADULT BASKETBALL (Full Court) 11:30 a.m.-1 p.m.	ADULT BASKETBALL (Full Court) 11:30 a.m.-1 p.m.	ADULT BASKETBALL (Full Court) 11:30 a.m.-1 p.m.		
OPEN GYM 1-5:30 p.m.	OPEN GYM 1-4:45 p.m.	OPEN GYM 1-6 p.m.	OPEN GYM 1-5:30 p.m.	OPEN GYM 1-5:30 p.m.		
ADULT PICK UP VOLLEYBALL 5:30-9 p.m.	YOUTH BASKETBALL 4:45-6 p.m.	YOUTH BASKETBALL 6-7:30 p.m.	YOUTH BASKETBALL 5:30-7 p.m.	YOUTH BASKETBALL 5:30-7 p.m.	<b>KEY</b> 	
	ADULT PICK UP BASKETBALL 6-9 p.m.	ADULT PICK UP BASKETBALL 7:30-9 p.m.	GYMNASTICS* (Entire Gym) 7-8 p.m.	OPEN GYM 7-8 p.m.		

Gym use is FREE for members.  
Basketball & Pickleball for non-members is \$5 per visit.  
Day Pass Fee: Youth \$5 | Adult \$12 | Family \$20  
\*YMCA program, includes an extra fee.

**QUESTIONS?** Contact Program Director Joe MacMahan  
at (207) 443-4112 x14 or email [joe@bathymca.org](mailto:joe@bathymca.org).

**OUR HOURS**  
Monday-Thursday: 5 a.m. to 9 p.m.  
Friday: 5 a.m. to 8 p.m.  
Saturday: 7 a.m. to 3 p.m.  
Sunday: 9 a.m. to 1 p.m.