



SUMTER FAMILY YMCA UPPER GYM

January 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday		Tuesday & Thursday		Friday		Saturday		Sunday	
Y Court	A Court	Y Court	A Court	Y Court	A Court	Y Court	A Court	Y Court	A Court
4:00 am - 5:30 am Open Gym		4:00 am - 1:00 pm Open Gym		4:00 am - 5:45 am Open Gym		6:30 am - 9:00 am Open Gym			
5:45 am - 6:45 am Functional Fitness						9:00 am - 3:00 pm Basketball Games			
7:00 am - 4:00 pm Open Gym		1:00 pm - 3:00 pm Pickleball		4:00 pm - 4:30 pm Swim Team		3:00 pm - 6:00 pm Open Gym			
4:00 pm - 4:30 pm Swim Team		3:00 pm - 5:30 pm Open Gym		4:30 pm - 5:30 pm Open Gym		3:00 pm - 6:00 pm Open Gym		1:00 pm - 5:00 pm Open Gym	
5:30 pm - 8:30 pm Basketball Practice		5:30 pm - 8:30 pm Basketball Practice		5:30 pm - 8:30 pm Basketball Games					
8:30 pm - 9:00 pm Open Gym		7:30 pm - 8:45 pm Adult Volleyball (Half Court)							
		8:30 pm - 9:00 pm Open Gym (half Court)							

Church League Basketball Games will run Friday and Saturdays through January.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.