



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

BLOCKER NORFOLK FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<div style="border: 1px solid black; padding: 5px;"> Open Gym = Half court, families welcome Adult Gym = Full Court Pick Up, ages 16 and over ONLY </div>						
Early AM	5:00-10:30AM Adult Gym	5:00-10:30AM Adult Gym	5:00-10:30AM Adult Gym	5:00-10:30AM Adult Gym	5:00-10:30AM Adult Gym	7:00AM-8:45PM Adult Gym	7:00-11:00AM Open Gym
AM	10:30-11:30AM Open Gym	10:30-11:30AM Open Gym	10:30-11:30AM Open Gym	10:30-11:30AM Open Gym	10:30-11:30AM Open Gym	9:00 am—6pm Youth Basketball	
Lunch	11:30AM-3:00PM Adult Gym	11:30AM-3:00PM Adult Gym	11:30AM-3:00PM Adult Gym	11:30AM-1:30PM Adult Gym	11:30AM-1:30PM Adult Gym		11:00AM-2:00PM Adult Gym
PM	3:00PM-5:00PM Open Gym	3:00PM-5:00PM Open Gym	3:00-5:00PM Open Gym	1:30-5:00PM Open Gym	1:30-7:30PM Open Gym		2:00-5:00PM Open Gym
	5:00-10:00PM Open Gym	5:00-10:00PM Adult Gym	8:00 -10:00PM Adult Volleyball No Open Gym	5:00-10:00PM Open Gym	5:00-9:00PM Adult Gym	6:00-9:00PM Adult Gym	5:00-7:00PM Adult Volleyball No Open Gym

YMCA Players Creed
 Win or lose, I pledge before God to play the game the best that I can—to be a team player, to respect my opponents, the rules and officials and to improve myself in spirit, mind and body.