



Lakefront Gym Schedule: Fall 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-8:00 am OPEN GYM	5:00-7:45am OPEN GYM	5:00-7:45am OPEN GYM	5:00-11:30am OPEN GYM	5:00-7:45am OPEN GYM	6:00am- 4:00pm OPEN GYM
8:00-9:05am Group Fitness AOA	8:00-9:00am Group Fitness Cardio Circuit	8:00-9:00am Group Fitness AOA		8:00-9:00am Group Fitness AOA	
9:05-1:00pm Adult Basketball	9:15-1:00pm Adult Basketball	9:00-12:00PM Open Gym East Court	11:30-1:00pm Adult Basketball	9:00-12:00PM Open Gym East Court	
1:00-5:00pm East Court Family Open Gym	1:00-5:00pm East Court Family Open Gym	12:00-2:00pm Adult Basketball	1:00-5:00pm East Court Family Open Gym	1:00-6:00pm East Court Family Open Gym	Sundays 8:00am-11:30am OPEN GYM ----- 9:00am-11:00am East Court Pickleball
----- 1:00-5:00pm West Court Adult Open Gym	----- 1:00-4:50pm West Court Adult Open Gym	2:00-5:00pm East Court Open Gym ----- 2:00-5:00pm West Court Adult Open Gym	----- 1:00-5:00pm West Court Adult Open Gym	----- 1:00-5:00pm West Court Adult Open Gym	
5:00-9:00pm Youth Basketball League Practice NO OPEN GYM	5:00pm-8:00pm East Court Youth Basketball League Practice NO OPEN GYM	6:00-9:00pm Youth Basketball League Practice NO OPEN GYM East Court ----- Youth Instructional Basketball 5:00-7:00pm West Court	5:00-8:30pm Youth Basketball League Practice NO OPEN GYM BOTH SIDES	5:00-9:00pm Youth Basketball League Practice East Court NO OPEN GYM	

Youth Instructional Basketball
-This class is for boys and girls of all skill levels and will teach good sportsmanship, teamwork, and the fundamentals of basketball.

Beginning 10/15/2018 Youth Basketball League, Gym will be closed from 5pm-close: Mon-Fri during practices (with some exceptions)

* For more information ask for a Brochure at the Welcome Center.

Revised 8/20/2018

The Y reserves the right to limit the number of guest passes sold each day.
The Y reserves the right to change the gym schedule without notice.
Inclement weather may result in Y programs using the gym at other times, resulting in gym closure.

Racine Family YMCA – Lake Front Branch
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262-634-1994 www.ymcaracine.org