## YOUTH & TEEN SCHEDULE

**YMCA OF DOWNTOWN MANCHESTER**

**June 24 – July 21, 2019**

|        | Monday                                      | Tuesday                                      | Wednesday                                     | Thursday                                     | Friday                                      | Saturday                                      | Sunday                                      |
|--------|---------------------------------------------|---------------------------------------------|----------------------------------------------|----------------------------------------------|---------------------------------------------|----------------------------------------------|
| **Open Swim** | 3:05-4:30 pm (2) 8:05-8:45 pm (2) | 8:30-9:00 am 3:05-4:30 pm (2) 8:05-8:45 pm (2) | 3:05-4:30 am 8:05-8:45 pm (2) | 8:30-9:00 am 3:05-4:30 pm (2) 8:05-8:45 pm (2) | 3:05-5:00 pm (2) 7:00-8:45 pm (2) | 12:20-2:00 pm (2) | 10:20-1:15 pm (3) |

| **East Gym** (basketball) | Open Gym 4:45-7:00 am 9:30-11:45 am 12:30-2:00 pm | Open Gym 4:45-6:15 am 9:30-11:45 am 12:30-2:00 pm | Open Gym 4:45-7:00 am 9:30-12:30 pm 12:30-2:00 pm | Open Gym 6:30-7:00 am 9:30-11:45 am 12:30-2:00 pm | Open Gym 4:45-5:45 am 9:30-11:45 am 12:30-2:00 pm | Open Gym 7:00 am- 3:30 pm | Open Gym 8:00-11:00 am 11:00-1:15 pm |
| **Adult Basketball** | 6:00-8:45 pm | 6:00-8:45 pm | 6:00-8:45 pm | 6:00-8:45 pm | 6:00-8:45 pm | 6:00-8:45 pm (Half court) | Adult Basketball (Half court) |

| **Youth Wellness Hours** | 5:00-7:00 pm | 3:30-5:30 pm | 3:30-6:30 pm | 10:00am-12:00 pm | 9:00 – 12:55 pm |

| **Virtual Studio** | See the Welcome Center to schedule a class. |}

Schedule Begins **Monday June 24, 2019** and is subject to change. Please follow us on Facebook (www.facebook.com/ymcafun) for updates.

* Denotes that summer camp may need this space. Please call the Welcome Center to make sure the gym is open.

The East Gym will not be available from July 22-26 and July 29-August 2 from 9:30-11:45 am due to basketball summer camps.
Open Swim
Open to all members.

Swim Testing
Mandatory for all open swim participants under the age of 18. Designates safe areas of pool usage for all skill levels.

East Gym
The East Gym is a full-court basketball court with 6 basketball hoops.

Blake Room
The Blake Room is a smaller half-court basketball court.

Youth Wellness Hours
Youth Wellness Hours are designed to get our younger members acquainted with the workout facility. There is a Wellness Staff available during this time specifically for Youth members between ages 8-12 years old, to ensure they are using the equipment properly. Children must be accompanied by parent and/or guardian.

Virtual Studio
The Virtual Studio is an interactive space for members to take fitness classes without a physical instructor teaching the class. Members have instant access to hundreds of workouts, industry leading classes and instructors.