

## GYM SCHEDULE

## FAR SIDE

JULY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	Open Gym 5:00am-9:00am	Open Gym 6:00am-6:00pm
---------------------------	---------------------------	---------------------------	---------------------------	---------------------------	---------------------------

Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am	Bitty Sports 6:00pm-7:00pm
-----------------------------------	--	-----------------------------------	--	-----------------------------------	-------------------------------

Open Gym 10:00am-4:00pm		Open Gym 10:00am-4:00pm		Open Gym 10:00am-4:00pm	Open Gym 7:00pm-9:00pm
----------------------------	--	----------------------------	--	----------------------------	---------------------------

Summer Camp 4:00pm-6:00pm	Summer Camp 4:00pm-6:00pm	Summer Camp 4:00pm-6:00pm	Summer Camp 4:00pm-6:00pm	Summer Camp 4:00pm-6:00pm	
------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	--

Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	
---------------------------	---------------------------	---------------------------	---------------------------	---------------------------	--

- Hi-lighted times are OPEN GYM times.

- Please be mindful of walkers, joggers, and runners while you enjoy the gym.
- Tennis shoes are required. No food or beverages other than water are permitted.

## GYM SCHEDULE

## NEAR SIDE

JULY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00am	Open Gym 6:00am-5:00pm
---------------------------	---------------------------	---------------------------	---------------------------	---------------------------	---------------------------

- Schedule subject to change with little or no notice.

- For questions or concerns, please contact the Program Director.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GYM

## SCHEDULE

### AGE REQUIREMENTS:

- **Ages 11 and under**  
A parent or guardian, 18 years or older, must be present with children in the gym.
- **Ages 12 and up**  
May use the gym without parent present.

