



BARKER GYMNASIUM SCHEDULE • NORTHERN DOOR CENTER

September 4 through October 22, 2017



MONDAY	
5:30-9:30 am	Open Gym
9:30-10:10 am	Kiddie Kinetics
10:10 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickle Ball – all levels (track closed)
2:30-6:00 pm	Open Gym
6:00-8:00 pm	Adult Basketball

TUESDAY	
5:30-8:15 am	Open Gym
8:15-9:05 am	Tabata Training
9:05-9:30 am	Open Gym
9:30-10:15 am	Silver Sneakers
10:15 am-1:00 pm	Open Gym
1:00-2:30 pm	Home School Phy. Ed.
2:30-3:45 pm	Open Gym
3:45-4:30 pm	After Schools Sports
4:30-6:00 pm	Open Gym
6:00-8:00 pm	Pickle Ball – advanced level only (track closed)

WEDNESDAY	
5:30-7:30 am	Open Gym
7:30-8:20 am	Silver and Fit Basic
8:20-9:20 am	Healthy Choice
9:20 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickle Ball – all levels (track closed)
2:30-6:00 pm	Open Gym
6:00-8:00 pm	Adult Floorball

THURSDAY	
5:30-8:15 am	Open Gym
8:15-9:05 am	Tabata Training
9:05-9:30 am	Open Gym
9:30-10:15 am	Silver Sneakers
10:15 am-3:45 pm	Open Gym
3:45-4:30 pm	After School Sports
4:30-6:00 pm	Open Gym
6:00-8:00 pm	Adult Basketball

FRIDAY	
5:30-7:30 am	Open Gym
7:30-8:15 am	Insanity/PiYo™
8:15-8:45 am	KinderSports
8:45-9:30 am	Open Gym
9:30-10:15 am	Silver and Fit Basic
10:15 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickleball – all levels (track closed)
2:30-8:00 pm	Open Gym

SATURDAY	
7:00 am-5:00 pm	Open Gym

SUNDAY	
9:00 am-3:00 pm	Open Gym

Labor Day Hours: Monday, September 4
 Door County Y program centers will be open from
 7:00-11:00 am. We are open regular hours
 for the remainder of the weekend.

GYMNASIUM USE GUIDELINES

- Walking/Running Track:** unless otherwise indicated, the track is available.
If the protective curtains are not extended, please ask the Welcome Center to extend them.
- Participants age 8 and older may use the gym unsupervised. Youth age 7 and under must be accompanied by a parent or supervising individual (age 14 or older).
- Special events may alter the Gym Schedule outside of what is published. Please inquire at the Welcome Center in person or by calling 920.868.3660 for the most current availability.