



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# PETERSON GYM SCHEDULE • GYM A/B

WINTER 1 2018 JANUARY 2ND – FEBRUARY 25TH

<b><u>GYM ALERTS</u></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>January 13<sup>th</sup></b> DCY Swim Team Home Swim Meet- Closed	6:00-6:50 Fit For Life	9:30-10:30 Controlled Impact Aerobics	6:00-6:50 Fit For Life	8:15-9:00 Cardio & More	6:00-6:50 Fit For Life	7:00-8:00 Pickleball B.I.A.	7:00-11:00 Pickleball B.I.A
	6:50-7:30 Fit For Life	10:45-1:00 Pickleball B.I	6:50-7:30 Fit For Life	9:30-10:30 Controlled Impact Aerobics	6:50-7:30 Fit For Life	9:00-9:45 Saturday Basketball	
<b>February 23<sup>rd</sup> –            February 25<sup>th</sup></b> Strivers Home Gymnastics Meet- Closed	8:30-9:30 Healthy Choice	1:00-3:00 Pickleball Advanced Play Only	8:30-9:30 Healthy Choice	10:45-2:00 Pickleball Open	8:30-9:30 Healthy Choice	10:00-10:55 Saturday Basketball	
	9:45-10:45 Kettlebell	4:00-5:00 After School Sports & Games	9:45-10:45 Kettle Bell	4:00-5:00 After School Sports & Games	11:45-1:00 Basketball Open Pick Up	11:00-11:55 Saturday Basketball	
<b><u>REMINDERS</u></b>  • It is the policy of the Door County YMCA to limit cell phone usage to our lobby and hallway areas. This policy is in effect for your safety and as a courtesy to other memebtrs.  • No unauthorized photography or videography allowed.	11:45-1:00 Basketball Open Pick Up	5:30-6:15 Kettlebell	11:45-1:00 Basketball Open Pick Up	5:30-6:30 Youth Volleyball	1:15-4:00 Pickleball B..I.A.		
	1:15-3:30 Pickleball B.I.A		4:00-5:00 After School Sports & Game	6:45-9:00 Pickleball Advanced Play Only	5:15-6:15 Fit For Life		
	4:00-5:00 After School Sports & Games		5:15-6:15 Fit For Life				
	5:15-6:15 Fit For Life		7:30-9:00 Pickleball Play B.I. A.				
	6:15-9:00 Volleyball League						

Door County YMCA  
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