



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NICOLET BANK GYM SCHEDULE • GYM C

WINTER 1 2018 JANUARY 2ND – FEBRUARY 25TH

<u>GYM ALERTS</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 13th DCY Swim Team Home Swim Meet	6:30-6:50 Fit For Life	9:00-9:40 Silver Sneakers Classic	6:30-6:50 Fit For Life	9:30-10:45 Home School Phy-Ed	6:30-6:50 Fit For Life	9:00-9:45 Saturday Basketball	7:00-9:00 Pickleball B.I.A.
February 23rd – February 25th Strivers Gymnastics Meet	8:00-8:40 Silver Sneakers Classic	3:45-4:30 Beginning Karate	8:00-8:40 Silver Sneakers Classic	12:30-3:00 Hearty Conditioning	9:00-9:40 Silver Sneakers Classic	10:00-10:55 Saturday Basketball	
	9:45-10:30 Family Gym	4:15-5:45 Goju Ryu Karate	9:45-11:30 Family Gym	3:45-4:30 Beginning Karate		11:00-11:55 Saturday Basketball	
<u>REMINDERS</u> • 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 members. • No unauthorized photography or videography allowed.	10:35-11:15 KinderSports	6:00-7:00 Get Golf Ready	12:30-3:00 Hearty Conditioning	4:15-5:45 Goju Ryu Karate			
	12:30-3:00 Hearty Conditioning						
	6:15-9:00 Volleyball League						