

# Summer 2010

June 1 - August 29

## Greenknoll Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:30 - 9:00	5:30 - 9:00	5:30 - 9:00	5:30 - 9:00	5:30 - 9:00	6:30 - 8:00 Aerobics	7:00 - 9:00
					8:00 - 9:00	
Aerobics	Aerobics	Aerobics	Aerobics	Aerobics	Programs	Adult Only Member Bball
9:00 - 11:30	9:00 - 11:30	9:00 - 11:30	9:00 - 11:30	9:00 - 11:30	9:00 - 12:15	9:00 - 12:00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN**	OPEN**
11:30 - 10:00	11:30 - 5:15	11:30 - 8:00	11:30 - 5:15	11:30 - 10:00	12:15 - 6:00	12:00 - 6:00
	Aerobics 5:15 - 6:30		Aerobics 5:15 - 6:30			
	OPEN 6:30 - 8:00		OPEN 6:30 - 8:00			
Member bball 16 + Only! 8:00 - 10:00		1/2 Open Volleyball 8:00 - 10:00	Member bball 16 + Only! 8:00 - 10:00			

Please change your sneakers before entering the gym. No food or drink allowed in gym, water only. You must be 13 years or older to be in the gymnasium without adult supervision and to have access to the indoor track.

**Regional YMCA of Western Connecticut**

**Greenknoll Branch**

**(203) 775 - 4444**

\*\*1:00 - 2:30pm on Saturdays and Sunday the gym is subject to close due to Birthday parties. Thank you for your cooperation.