

## Gym Schedule

Effective through August 24th

### ADRIAN L. SHUFORD, JR. YMCA

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[www.ymcacav.org](http://www.ymcacav.org)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am	Y CLOSED	Open Gym And Family Time	Open Gym And Family Time	Open Gym And Family Time	Open Gym And Family Time	Open Gym And Family Time	Y CLOSED
6-7am							
7-8am							
8-9am							
9-10am	Y CLOSED	Day Care (Half gym only)	Day Care (Half gym only)	Day Care (Half gym only)	Day Care (Half gym only)	Day Care (Half gym only)	Open Gym And Family Time
10-11am							
11am-12pm							
12-1pm							
1-2pm	Adult Sports	Summer Camp (Half gym only)	Summer Camp (Half gym only)	Summer Camp (Half gym only)	Summer Camp (Half gym only)	Summer Camp (Half gym only)	Open Gym And Family Time
2-3pm							
3-4pm							
4-5pm							
5-6pm	Y CLOSED	Open Gym	Open Gym	Open Gym	Adult Volleyball	Open Gym	Y CLOSED
6-7pm							
7-8pm							
8-9pm							

Anyone exhibiting inappropriate behavior will be asked to leave and may risk loss of membership

This schedule is subject to change!

Special events do occur with less than 24 hours notice

**\*\*Summer Camp gets top priority with gym usage\*\***

The gym will be fully closed from 9am-12pm on the following dates for our Sports Camps:

June 9th-13th

July 7th-11th

July 21st-25th

July 28th-August 1st