

SPENCER POLICE ASSOCIATION (LOWER) GYM SCHEDULE (JANUARY 2 - FEBRUARY 19)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a		5:00 - 5:45a Y FIT		5:00 - 5:45a Y FIT		
5:15a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL	
6:00a						
7:00a						
8:00a	8:00 - 8:30a KIDS CLUB (NO SCHOOL DAYS)					8:00a - 10:00a Basketball Games
9:00a	8:30 - 9:15a Y FIT			8:30 - 9:15a Y FIT		
10:00a	KIDS CLUB FULL GYM 10:00 - 11:15 (NO SCHOOL DAYS)					
11:00a	YOUTH CLASS/CHILDCARE 11:30 - 12:00					
NOON						
3:15p						
4:00p	4:00 - 5:00p Youth Class	4:00 - 6:30 GYMNASTICS	4:00 - 5:00p Youth Class	4:00 - 6:30 GYMNASTICS		
5:30p	5:30 - 6:15p Y FIT	4:00 - 5:30 YOUTH CLASS	5:30 - 6:15p Y FIT	4:00 - 5:30 YOUTH CLASS	5:30p - 6:30p Basketball Games	
6:30p	6:30 - 7:30p Basketball Practice	6:45 - 7:45p Basketball Practice 1/2 Open				
7:30p	7:30 - 8:30p Basketball Practice 1/2 Open		7:00 - 9:00p Women's Volleyball			
8:30p				6:45 - 9:00p Pickleball		
9:30p						SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (JANUARY 2 - FEBRUARY 19)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	5:30 - 6:30a Y PUMP		5:30 - 6:30a Y PUMP			
6:00a		6:00 - 7:30a HS DANCE TEAM		6:00 - 7:30a HS DANCE TEAM		
7:00a						
8:00a						8:00a - 11:00a Basketball Games
9:00a	9:00 - 9:45a CHILDCARE	8:45 - 9:45a Y PUMP		9:00 - 9:45a CHILDCARE		
10:00a	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO		
11:00a						
NOON	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL		
1:00p	1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL			
2:00p		2:00 - 4:00p CHILDCARE INCLEMENT WEATHER	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	2:00 - 4:00p CHILDCARE INCLEMENT WEATHER		
3:00p	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER					
4:00p	4:00 - 5:30p KIDS CLUB FULL GYM - INCLEMENT WEATHER					
5:30p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE			
6:30p	6:45 - 7:45p Basketball Practice 1/2 Open	5:30 - 7:30p Basketball Practice		5:30 - 7:30p Basketball Practice		SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.
7:00p						
8:00p						

SEE SCHEDULE UPDATES AT WWW.SPENCERYMCA.ORG | NOTICES POSTED ON

