

Youth & Family Gymnasium

January 1 – March 27, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-10am						Bouldering Exergaming	
10am-11am						Bouldering Exergaming	
11am-12pm						Bouldering Exergaming	
12pm-1pm						Open Climb Exergaming	
1pm-2pm						Open Climb Exergaming	Open Climb Exergaming
2pm-3pm						Open Climb Exergaming	Open Climb Exergaming
3pm-4pm							Open Climb Exergaming
4pm-5pm	Open Climb Exergaming	Open Climb Exergaming	Bouldering Exergaming	Open Climb Exergaming	Bouldering Exergaming		Open Climb Exergaming
5pm-6pm	Open Climb Exergaming	Open Climb Exergaming	Bouldering Exergaming	Open Climb Exergaming	Bouldering Exergaming		
6pm-7pm	Open Climb Exergaming	Climb Class Exergaming	Bouldering Exergaming	Open Climb Exergaming Class	Bouldering Exergaming		
7pm-8pm	Bouldering Exergaming	Bouldering Exergaming	Bouldering Exergaming	Bouldering Exergaming	Bouldering Exergaming		

Open Climb: Wall will be open for low level climbing and top roping.

Bouldering: Wall open for low level climbing only. No ropes will be used.

Exergaming: All exergaming equipment will be open for use.

Climb Class: Staff will teach members specific climbing techniques. Climbing competitions will take place.

Exergaming Class: Staff will teach members how to use Exergaming equipment most effectively. Gaming competitions will take place.

****Youth & Family Gym is for YMCA Members Only. Children under the age of 8 must be accompanied by adult 21 or older****