



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GYMNASIUM SCHEDULE

September 1 - October 31, 2017

MON	TUES	WED	THURS	FRI	SAT	SUN	
OPEN GYM 5:00—7:00 AM	OPEN GYM 5:00—7:00 AM	OPEN GYM 5:00—7:00 AM	OPEN GYM 5:00—7:00 AM	OPEN GYM 5:00—7:00 AM	OPEN GYM 6:00—7:00 AM	OPEN GYM 6:00 - 9:00 AM	
ADULT REC BASKETBALL 7:00 - 9:00 AM	ADULT REC BASKETBALL 7:00 - 9:00 AM	ADULT REC BASKETBALL 7:00 - 9:00 AM	ADULT REC BASKETBALL 7:00 - 9:00 AM	ADULT REC BASKETBALL 7:00 - 9:00 AM	ADULT REC BASKETBALL 7:00 - 9:00 AM	FAMILY OPEN GYM 9:00 - 12:00PM	
\$ GYM \$ & SWIM (1/2 GYM) 9:30 - 10:35 AM	X-TREME FIT Interval Training Frank - 45 min. 9:30-10:15 AM	FAMILY OPEN GYM (1/2Gym) 9:30 - 11:15 AM	X-TREME FIT Interval Training Frank - 45 min. 9:30-10:15 AM	\$ CIRCUIT \$ BOOT CAMP With Kristin (1/2 Gym) 9:30 - 10:30 AM	FAMILY OPEN GYM (Full Gym) 9:00 - 10:00 AM (1/2 Gym) 10:00 - 10:30 AM	\$ BOYS \$ HIGH SCHOOL VOLLEYBALL (1/2 Gym) 12:00 - 3:00 PM	
\$ CIRCUIT \$ BOOT CAMP With Kristin (1/2 Gym) 9:30 - 10:30 AM	FAMILY OPEN GYM 9:45 - 10:15 AM	\$ LIL NINJA \$ WARRIORS (1/2 Gym) 9:30 - 10:00AM	\$ Tumbling \$ TIME (1/2 Gym) 10:15 - 10:45 PM	FAMILY OPEN GYM (1/2 Gym) 9:30 - 10:30 AM (Full Gym) 10:30 - 11:55 AM	\$ PRESCHOOL \$ BASKETBALL (1/2 Gym) 10:00 - 10:30 AM	OPEN GYM (1/2 Gym) 12:00 - 3:00 PM	
\$ TOTS \$ ON THE MOVE (1/2 Gym) 10:15 - 10:45 AM	\$ PRESCHOOL \$ SPORTS MEDLEY (1/2 Gym) 10:15 - 10:45 AM	\$ PRESCHOOL \$ KARATE (1/2 Gym) 10:45 - 11:15 AM	FAMILY OPEN GYM (1/2Gym) 10:15 - 10:45 AM (Full Gym) 10:45 - 11:55 AM	ADULT REC BASKETBALL 12:00 - 2:00 PM	\$ YOUTH \$ BASKETBALL LEAUGE 10:45 - 12:45 PM	\$ PRIDE \$ VOLLEYBALL LEAGUE (Full Gym) 3:30 - 6:45 PM	
FAMILY OPEN GYM 10:45 - 11:55 AM	FAMILY OPEN GYM (1/2 GYM) 10:15 - 10:45 AM (Full Gym) 10:45 - 11:55	FAMILY OPEN GYM 11:20 - 11:55 am	ADULT REC BASKETBALL 12:00 - 2:00 PM	FAMILY OPEN GYM (Full Gym) 2:30 - 4:30 PM (1/2 Gym) 4:30 - 6:00 PM	FAMILY OPEN GYM 1:00 - 3:00 PM		
ADULT REC BASKETBALL 12:00 - 2:00 PM	ADULT REC BASKETBALL 12:00 - 2:00 PM	ADULT REC BASKETBALL 12:00 - 2:00 PM	FAMILY OPEN GYM (Full Gym) 2:30 - 5:00 PM (1/2 Gym) 5:00 - 5:30 PM	SWIM TEAM DRYLAND (1/2 Gym) 4:30 - 6:40 PM	OPEN GYM (Full Gym) 3:00 - 5:10 PM (1/2 Gym) 5:10 - 6:10 PM		
FAMILY OPEN GYM 2:30 - 5:00 PM	FAMILY OPEN GYM (Full Gym) 2:30 - 4:30 PM (1/2Gym) 4:30 - 6:40 PM	FAMILY OPEN GYM 2:30 - 4:55 PM (1/2 Gym) 5:00 - 5:30 PM	\$ Boot Camp \$ All Levels With John (1/2 Gym) 5:00 - 6:00 PM	OPEN GYM (1/2 Gym) 6:00 - 6:40 PM (Full Gym) 6:40 - 9:45 PM	SWIM TEAM DRYLAND (1/2 Gym) 5:10 - 6:10 PM		
\$ YOUTH \$ BASKETBALL LEAGUE 5:00 - 7:00 PM	SWIM TEAM DRYLAND (1/2 Gym) 4:30 - 6:40 PM	\$ PRESCHOOL \$ SPORTS MEDLEY (1/2 Gym) 5:00 - 5:30 PM	SWIM TEAM DRYLAND (1/2 Gym) 5:40 - 6:40 PM				
	OPEN GYM 6:40 - 8:00 PM	SWIM TEAM DRYLAND (1/2 Gym) 5:45-6:45 PM					
OPEN GYM (Full Gym) 7:00 - 9:45 PM	ADULT REC VOLLEYBALL (1/2 Gym) 8:00 - 9:45 PM	OPEN GYM (1/2 Gym) 5:45 - 6:45 PM (Full Gym) 6:45 - 9:45 PM	OPEN GYM (1/2 Gym) 6:00 - 6:40 PM (Full Gym) 6:40 - 9:45 PM	<p align="center">*NOTICE* Updated 8/31/17 This schedule is subject to change without notice.</p>			
	OPEN GYM (1/2 Gym) 8:00 - 9:45 PM						

The YMCA of Greater Providence is a 501c(3) Charitable Organization. Our mission is to build healthy spirit, mind and body through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.