



YMCA-YWCA

We build strong kids,  
strong families, strong communities.

## St. John's Y Schedule December 20, 2009 – December 26, 2009

Day	0-5 Years	6-8 Years	9-12 Years	13-14Years	15+
Sun 20 <sup>th</sup>	No Indoor Playground	No Indoor Playground	Handball 9:30am-12:30pm <b>C</b>	Handball 9:30am-12:30pm <b>C</b>	N/A
Mon 21 <sup>st</sup>	Indoor Playground 9am-12pm <b>G1</b>	Open Court 3-5pm <b>C</b>	Open Court 3-5pm <b>C</b>	Handball 3-5pm <b>C</b>	Ball Fit 9:15am FS  Abs Express 5pm FS  Boot Camp 5:35pm G  Cycle Fit 5:35pm G
Tues 22 <sup>nd</sup>	Indoor Playground (bouncer) 9am-12pm <b>G1</b>	Handball (8-11yrs) 3-5pm <b>C</b>	Handball (8-11yrs) 3-5pm <b>C</b>	N/A	Beginner Cycle 9:15am FS  Cycle Fit 5:35pm FS  Body Blast 7:30pm FS  Men's Soccer 8:30pm G
Wed 23 <sup>rd</sup>	Indoor Playground 9am-12pm <b>G1</b>	Open Court 3-5pm <b>C</b>	Open Court 3-5pm <b>C</b>	Open Court 3-5pm <b>C</b>	Cycle Fit 6am FS  Body Blast 9:15am FS  Swiss Abs 5pm FS  Mixed Impact 5:35pm G  Yoga 7pm FS
Thurs 24 <sup>th</sup> (6pm Close)	Indoor Playground (bouncer) 9am-12pm <b>G1</b>	N/A	N/A	N/A	N/A
Fri 25 <sup>th</sup>					

Sat 26 <sup>th</sup>	Indoor Playground (includes bouncer) 8:30-10:30am <b>G1</b>	N/A	N/A	N/A	N/A
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**Open Gym:** Mon-Thurs 5:45-8:30am, 12:30-1:45pm

**Room Codes:** **G**=Gym **G1**=Gym 1 **G2**=Gym 2 **FS**= Fitness Studio **C**=Courts



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## St. John's Y Schedule December 27, 2009 – January 1, 2010

Day	0-5 Years	6-8 Years	9-12 Years	13-14Years	15+
Sun 27 <sup>th</sup>	Indoor Playground (bouncer) 8:30-10:30am G1	Indoor Playground (bouncer) 8:30-10:30am G1	Handball 9:30am-12:30pm C	Handball 9:30am-12:30pm C	N/A
Mon 28 <sup>st</sup>	Indoor Playground 9-10:15am G1	Open Court 3-5pm C	Open Court 3-5pm C	Open Court 3-5pm C	Ball Fit 9:15am FS  Abs Express 5pm FS  Boot Camp 5:35pm G  Cycle Fit 5:35pm FS  Yoga 7pm FS
Tues 29 <sup>nd</sup>	Indoor Playground (bouncer) 9-10:15am G1	Handball (8-11yrs) 3-5pm C	Handball (8-11yrs) 3-5pm C	N/A	Beginner Cycle 9:15am FS  Cycle Fit 5:35pm FS  Body Blast 7:30pm FS  Men's Soccer 8:30pm G
Wed 30 <sup>rd</sup>	Indoor Playground 9-10:15am G1	Open Court 3-5pm C	Open Court 3-5pm C	Open Court 3-5pm C	Cycle Fit 6am FS  Body Blast 9:15am FS  Swiss Abs 5pm FS  Mixed Impact 5:35pm G  Yoga 7pm FS

Thurs 31 <sup>th</sup> (6pm Close)	Indoor Playground (bouncer) 9am-12pm <b>G1</b>	N/A	N/A	N/A	N/A
Fri 1 <sup>st</sup> (2pm Close)	Indoor Playground (bouncer) 9am-12pm <b>G1</b>				

**Open Gym:** Mon, Tues, Wed 5:45-8:30am / Thurs, Fri 5:45-8:30am, 12:30-1:45pm

**Room Codes:** G=Gym G1=Gym 1 G2=Gym 2 FS= Fitness Studio C=Courts