

It's for me!



# Gym Schedule

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA  
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Valparaiso, IN 46383

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

## July 2010 Gym Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am							
6-7am							
7-8am							
8-9am		Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	
9-10am			RugBugs <b>Green</b> Childcare <b>Blue&amp;Red</b>		RugBugs <b>Green</b> Childcare <b>Blue&amp;Red</b>		
10-11am			IntRugBugs <b>Green</b> Childcare <b>Blue&amp;Red</b>		IntRugBugs <b>Green</b> Childcare <b>Blue&amp;Red</b>		
11-12pm		Co-ed Adult Noonball ALL	Sports of all Sorts <b>Green&amp;Yellow</b>	Co-ed Adult Noonball ALL	Sports of all Sorts <b>Green&amp;Yellow</b>	Co-ed Adult Noonball ALL	
12-1pm	Full Court B-Ball <b>Green&amp;Yellow</b>	Co-ed Adult Noonball ALL		Co-ed Adult Noonball ALL		Co-ed Adult Noonball ALL	
1-2pm	Full Court B-Ball <b>Green&amp;Yellow</b>	Childcare <b>Green</b>					
2-3pm	Full Court B-Ball <b>Green&amp;Yellow</b>						
3-4pm	Full Court B-Ball <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	
4-5pm	Full Court B-Ball <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	Childcare <b>Green&amp;Yellow</b>	
5-6pm	Full Court B-Ball <b>Green&amp;Yellow</b>				Youth Boot- Camp <b>Yellow</b>		
6-7pm					Adult Men's League <b>Green&amp;Yellow</b>		
7-8pm					Adult Men's League <b>Green&amp;Yellow</b>	Volleyball <b>Green&amp;Yellow</b>	
8-9pm					Adult Men's League <b>Green&amp;Yellow</b>	Volleyball <b>Green&amp;Yellow</b>	
9-10pm							

Courts:

**Green** Back Left  
**Red** Front Left

**Yellow** Back Right  
**Blue** Front Right

**Courts not assigned on the schedule are OPEN.  
Schedule is subject to change without advance notice.**

### Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.