

It's for me!



Gym Schedule

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso, IN 46383

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www.valpoyymca.org

January 2010 Gym Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am							
6-7am							
7-8am							
8-9am							
9-10am		Preschool 9:30 Blue	RugBugs Green Alt School Red&Blue	Childwatch/ Blue Preschool 9:45-10:15 Red	RugBugs Green Alt School Red&Blue	Alt School Green&Yellow	
10-11am			IntRugBugs Green		IntRugBugs Green		
11-12pm		Adult Noonball ALL	Sports of all Sorts Green&Yellow	Adult Noonball ALL	Sports of all Sorts Green&Yellow	Adult Noonball ALL	
12-1pm		Adult Noonball ALL		Adult Noonball ALL		Adult Noonball ALL	
1-2pm							
2-3pm							
3-4pm		DDF/Childcare Green&Yellow	Childcare Green&Yellow	DDF/Childcare Green&Yellow	Childcare Green&Yellow	Childcare Green&Yellow	
4-5pm		DDF/Childcare Green&Yellow	Childcare Green&Yellow	DDF/Childcare Green&Yellow	Childcare Green&Yellow	Floor Hockey Green&Yellow	
5-6pm						Floor Hockey Green&Yellow	Adult Soccer
6-7pm		Youth Basket- ball Green&Yellow	Youth Basket- ball Green&Yellow	Youth Basket- ball Green&Yellow	Adult Men's League Green&Yellow		Adult Soccer
7-8pm					Adult Men's League Green&Yellow	Volleyball Green&Yellow	
8-9pm					Adult Men's League Green&Yellow	Volleyball Green&Yellow	
9-10pm							

Courts:			
Green	Back Left	Yellow	Back Right
Red	Front Left	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.