

Al Sloman Gym Schedule

Gym Schedule Subject to Change

Jan. 1 2010 thru March 15 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-10:30am Adult Pickup	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	8:00-1:30pm Open Gym
Basketball (Whole Gym)	9:00-10:45am Jazzercise (Whole Gym)	9:00-1:00am Early Childhood Classes (Whole Gym)	9:00-10:45am Jazzercise (Whole Gym)	9:00-1:00pm Early Childhood Classes (Whole Gym)	9:00-10:45am Jazzercise (Whole Gym)	
10:30-11:30am Open Gym (Whole Gym)	10:45-1:00pm Early Childhood Classes (Whole Gym)	1:00-2:00pm Enrichment (Whole Gym)	10:45-1:00pm Early Childhood Classes (Whole Gym)	1:00-2:00pm Enrichment (Whole Gym)	10:45-12:30pm Early Childhood Classes (Whole Gym)	
11:30-1:00pm High School Basketball	2:00-5:00pm Open Gym	3:15-5:15pm 1/2 Family Gym 1/2 Open Gym	2:00-4:30pm open Gym	2:00-5:15pm Open Gym (Whole Gym)	12:30-3:00pm Open Gym (Whole Gym)	1:30-3:30pm 1/2 Teen Pickup 1/2 Open Gym
1:00pm-2:00pm Jr. NBA/ WNBA (Whole Gym)	(Whole Gym)	5:15-6:45pm Jazzercise (Whole Gym)	4:30-5:30 Half Open Gym Half Adult Pick Up	5:15-6:45pm Jazzercise (Whole Gym)	3:00-4:45pm 1/2 Teen Pickup 1/2 Open Gym	3:30-5:00pm Open Gym (Whole Gym)
1:00 -4:00 *CYO (Whole Gym) (6:00pm) Men's League	5:00-6:00pm 1/2 Teen Pickup 1/2 Open Gym	6:45-8:30pm *CYO Basketball (Whole Gym)	5:30pm-8:30pm Adult Pickup (Whole Gym)	6:45-8:30pm *CYO Basketball (Whole Gym)	CLOSED	5:00-6:45pm 1/2 Family Gym 1/2 Open Gym
6:00-9:00pm adult Basketball League (Whole Gym)	6:00-10:00 Adult Basketball League (Whole Gym)	8:30- 9:45pm Open Gym (Whole Gym)	8:30-9:45pm Open Gym (Whole Gym)	8:30-9:45PM 1/2 Teen Pickup 1/2 Open Gym		CLOSED

***This time is available for scheduled games and practices**

Check with Member Services for latest CYO schedule. Season Begins October 20th

