

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN GYM</b> The gym is open and available for Y Members to come and play!	7:00am-9:00am 10:45am-12:00pm 6:15pm-9:30pm	5:00am-9:45am 11:30am-12:00pm 6:15pm-7:30pm	7:00am-9:00am 11:00am-12:00pm 2:00pm-3:30pm	5:00am-10:45am 2:00pm-3:30pm 6:00pm-7:00pm	7:00am-12:00pm 3:00pm-4:00pm 8:30pm-9:30pm	7:00am-9:00am 12:30pm - 5:30pm (If there is no birthday party scheduled - Call the front desk for availability) 5:30pm-7:00pm	7:00am - 9:00am 11:00am - 5:00pm (If there is no birthday party scheduled - Call the front desk for availability)
<b>PRESCHOOL/ YOUTH SPORTS CLASSES</b> To take a class, sign up at the Front Desk	9:15am-10:00am Mini Sports Jam 10:15am-10:45am Teeny Sports Jam 3:30pm-4:30pm Mini Sports Jam 4:30pm-5:15pm Nerf Attack 5:15pm-6:15pm Rookies/Mites Optional Practice	9:45am-10:30am Sticks & Racquets 10:45am-11:30am Basketball 3:30pm-6:15pm Quick Start Tennis I-III	3:30pm-4:15pm Basketball /Dynomites Practice 4:30pm-5:15pm Basketball	9:15am-10:00am Teeny Sports Jam 10:00am-10:45am Mini Sports Jam 3:30pm-4:10pm Sports & Splash 4:30pm-5:15pm Floor Hockey		9:00am-12:00pm Preschool & Youth Basketball League	
<b>PLAY DATES &amp; GROUP RESERVATIONS</b>	2:00pm-3:15pm Home School Group	2:00pm-3:15pm Home School Group	Play Dates 9:00am - 11:00am		1:45pm-3:00pm Eastern Point Day School 4:00pm-8:30pm Friday Night Fun		
<b>RISE AND SHINE BOOT CAMP</b> Get up and get fit! Sign up at the front desk!	6:00am - 7:00am		6:00am - 7:00am		6:00am - 7:00am		
<b>PICK-UP SPORTS AND LEAGUES</b>	12:00pm - 2:00pm Adult Pick-Up Basketball	12:00pm - 2:00pm Adult Pick-Up Basketball Pick Up Indoor Soccer 7:30pm-9:30pm	12:00pm - 2:00pm Adult Pick-Up Basketball 6:00pm-9:30 21+ Basketball (starting November 30th)	12:00pm - 2:00pm Adult Pick-Up Basketball 7:00pm-9:30pm Teen Pick up Basketball	12:00pm - 1:45pm Adult Pick-Up Basketball		9:00am - 11:00am Adult Pick-Up Basketball
<b>BIRTHDAY PARTIES</b> Have your party at the YMCA!						12:00pm - 5:00pm	12:30pm - 5:00pm

# CAPE ANN YMCA GYMNASIUM SCHEDULE



Last Updated: 1/2/12

For more information about this schedule, contact Katy Milne, Youth and Sports Director, at 978-283-0470 or milnek@northshoreymca.org.



# Cape Ann YMCA

Cape Ann YMCA  
71 Middle Street  
Gloucester, MA  
978.283.0470

## Important Gym Information

### GYM ETIQUETTE

- **Food, glass and gum** are not allowed in the gym.
- Please **do not climb or move** the equipment stored in the gym. It is for program use only.
- **Do not dunk on the Junior Hoops.** These hoops are for children and dunking will break them.
- If you wish to **use any sports equipment** that is not out in the gym, please see a Y staff member.
- The **equipment closet** is for Y staff members only.
- Please **respect the gym** by keeping it clean and leaving equipment in the condition you found it.

### PICK-UP SPORTS

- There are times when the gym is reserved for pick-up sports. All are members are welcome and encouraged to participate in these activities. If there happens to be no one there for a schedule pick-up time, the gym is available for open gym.

### PLAY DATES

- For two hours each morning, you and your family can play together in our gymnastics center, gymnasium or in the pool. We'll have special toys and games available during each Playdate for an extra fun, enriching experience together.

Interested in having a BIRTHDAY PARTY at the YMCA?

Contact Katy Milne at 978-283-0470 or [milnek@northshoreymca.org](mailto:milnek@northshoreymca.org) for more information and to schedule your party!

MON.	TUES.	WEDS.	THURS.	FRI.
Gymnastics	Aquatics	Sports & Play	Aquatics	Gymnastics
				
Weekdays 9:00am - 11:00am				