

MOUNT DESERT ISLAND YMCA

Gym Schedule

Dates: April 28, 2008 through June 22, 2008

April 28-June 22, 2008

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am							
6 am		AM ABS Gym A		AM ABS Gym A			
7 am	Badminton Gym A 7:00-8:45	6:30-6:50	Badminton Gym A 7:00-8:45	6:30-6:50	Badminton Gym A 7:00-8:45		
8 am			Fitness Gym A			Youth Indoor Soccer 8:00-10:30	Badminton 8:00-12:00
9 am	Fitness Gym A 9:00-10:00		9:00-10:00 Preschool Tball	Surf nTurf 9:00-9:30	Gymnastics Gym B 9:00-2:00		
10 am	Ready Fit 10:15-11:15	Gymnastics Gym B 9:00-2:00	10:00-10:30 Gymnastics Gym B		Ready Fit 10:15-11:15		Badminton 8:00-12:00
11 am	Kids in motion 10-11 Noon Time Ball Gym A	Noon Time Ball Gym A	9:00-2:00 Noon Time Ball Gym A	Noon Time Ball Gym A	Noon Time Ball Gym A		
12 PM	11:30-1:00	11:30-1:00	11:30-1:00	11:30-1:00	11:30-1:00		
1 PM	Preschool T Ball 1:00-1:30						
2 PM		High School B Ball 2:30-3:30		High School B Ball 2:30-3:30	Y After School 3:30-4:00		
3 PM	Y Afterschool				Gymnastics Gym B 3:30-4:30		
4 PM	3:30-4:30	Flag Football 4:00-5:30	Youth Badminton				
5 PM		Rhythmic Gym B 5:00-7:00	4:00-5:00 Fitness Gym A	Rhythmic Gym B 5:30-7:00			
6 PM			5:30-6:30	Fitness Gym A			
7 PM		Adult Basketball 7:00-9:00	Adult Volleyball 7:00-9:00	6:00-6:30			
8 PM							