

Stork Family YMCA

Program Schedule | September, 2020

Building Hours

Monday – Friday: 6:00 AM – 8:00 PM

Vulnerable Person Hours (Mon – Fri): 1:00 PM – 3:00 PM

Saturday: 7:00 AM – 3:00 PM

Sunday: 7:00 AM – 12:00 PM

You are why **we're here for good.**



MONDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 – 3:00 PM

Time	Gym	Martin Levene Room	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Track
Morning (6:00 AM – 12:00 PM)	*Zumba (9:30 – 10:15) *Group Power (10:45 – 11:45)			*Child Minding (9:15 – 10:30) *Child Minding (10:45 – 12:00)		*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM
Afternoon (12:00 PM – 4:00 PM)	*Basketball 13+ (3:30 – 4:30)		*Move Together Water (1:00 – 1:45)			
Evening (4:00 PM – 8:00 PM)	*Basketball 13+ (5:00 – 6:00)	*Yoga (6:30 – 7:30)			*Cycle (6:45 – 7:30)	

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule



TUESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 – 3:00 PM

Time	Gym	Martin Levene Room	**Pool	Multi-Purpose Room #2	Track
Morning (6:00 AM – 12:00 PM)	*Pickleball 13+ (6:15 – 7:15) *Pickleball 13+ (7:45 – 8:45) *Group Active (9:30 – 10:30)	*Move Together Yoga (11:00 – 12:00)	*AquaFit (9:00 – 9:45)	*Child Minding (9:15 – 10:30) *Child Minding (10:45 – 12:00)	*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM
Afternoon (12:00 PM – 4:00 PM)	*Badminton 13+ (3:30 – 4:30)	*Move Together Strength (1:30 – 2:15)			
Evening (4:00 PM – 8:00 PM)	*Badminton 13+ (5:00 – 6:00) *Group Power (6:30 – 7:30)				

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule



WEDNESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 – 3:00 PM

Time	Gym	Martin Levene Room	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Track
Morning (6:00 AM – 12:00 PM)		*Cycle (9:30 – 10:15) *Group Centergy (10:45 – 11:45)		*Child Minding (9:15 – 10:30) *Child Minding (10:45 – 12:00)		*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM
Afternoon (12:00 PM – 4:00 PM)	*Basketball 13+ (3:30 – 4:30)		*Move Together Water (1:00 – 1:45)			
Evening (4:00 PM – 8:00 PM)	*Basketball 13+ (5:00 – 6:00) *Zumba (6:30 – 7:30)				*HIIT (6:45 – 7:30)	

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule



THURSDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 – 3:00 PM

Time	Gym	Martin Levene Room	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Track
Morning (6:00 AM – 12:00 PM)	*Pickleball 13+ (6:15 – 7:15) *Pickleball 13+ (7:45 – 8:45) *Group Active (9:30 – 10:30)	*Move Together Strength (11:00 – 11:45)	*AquaFit (9:00 – 9:45)	*Child Minding (9:15 – 10:30) *Child Minding (10:45 – 12:00)		*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM
Afternoon (12:00 PM – 4:00 PM)	*Badminton 13+ (3:30 – 4:30)	*Move Together Yoga (1:30 – 2:30)				
Evening (4:00 PM – 8:00 PM)	*Basketball 13+ (5:00 – 6:00) *Group Blast (6:30 – 7:30)				*Yoga (6:45 – 7:30)	

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule



FRIDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 – 3:00 PM

Time	Gym	Martin Levene Room	Pool	Multi-Purpose Room #2	Track
Morning (6:00 AM – 12:00 PM)	*Group Power (10:45 – 11:45)	*Cycle (9:30 – 10:15)	For Lane and Leisure swim times please see the last page on this schedule	*Child Minding (9:15 – 10:30) *Child Minding (10:45 – 12:00)	*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM
Afternoon (12:00 PM – 4:00 PM)	*Move Together Heart (1:30 – 2:15) *Basketball Ages 13 - 17 (3:30 – 4:30)				
Evening (4:00 PM – 8:00 PM)	*Basketball Ages 13 - 17 (5:00 – 6:00) *Basketball Ages 13 - 17 (6:30 – 7:30)				

*Please register via Game Time



SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Gym	Martin Levene Room	Multi-Purpose Room #2	Pool	Track
Morning (7:00 AM – 12:00 PM)	*Group Power (10:00 – 11:00)	*Cycle (11:30 – 12:15)	*Child Minding (9:45 – 11:00) *Child Minding (11:15 – 12:30)	For Lane and Leisure swim times please see the last page on this schedule	*Bookable for 30-minute Single Use Only sessions from 7:15 AM – 2:30 PM
Afternoon (12:00 PM – 3:00 PM)	*Basketball Ages 13 - 17 (12:00 – 1:00) *Basketball Ages 13 - 17 (1:30 – 2:30)				

SUNDAY

Building Hours: 7:00 AM – 12:00 PM

Time	Gym	Martin Levene Room	Pool	Track
Morning (7:00 AM – 12:00 PM)	*Basketball 13+ (8:00 – 9:00) *Basketball 13+ (9:30 – 10:30)	*Group Centergy (9:30 – 10:30)	For Lane and Leisure swim times please see the last page on this schedule	*Bookable for 30-minute Single Use Only sessions from 7:15 AM – 11:30 AM

*Please register via Game Time



POOL - Lane and Leisure Swim Times

Important Note: For all swims please register via Game Time

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	8:00 – 8:45	8:00 – 8:45
	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	9:00 – 9:45	9:00 – 9:45
	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	10:00 – 10:45	10:00 – 10:45
	9:00 – 9:45	10:00 – 10:45	9:00 – 9:45	10:00 – 10:45	9:00 – 9:45	11:00 – 11:45	
	10:00 – 10:45	11:00 – 11:45	10:00 – 10:45	11:00 – 11:45	10:00 – 10:45		
	11:00 – 11:45		11:00 – 11:45		11:00 – 11:45		
Afternoon	12:00 – 12:45	12:00 – 12:45	12:00 – 12:45	12:00 – 12:45	12:00 – 12:45	12:00 – 12:45	
	2:00 – 2:45	1:00 – 1:45	2:00 – 2:45	1:00 – 1:45	1:00 – 1:45		
	3:00 – 3:45	2:00 – 2:45	3:00 – 3:45	2:00 – 2:45	2:00 – 2:45		
		3:00 – 3:45		3:00 – 3:45			

