



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

JANUARY 2 - MARCH 31

PALO ALTO FAMILY YMCA

3412 Ross Road
Palo Alto, CA 94303
paloaltofamilyymca.org

Dates, times & classes are subject to change. For more information please contact Diana Turner at 650 842 7157 or dturner@ymcasv.org

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
West	East	West	East	West	East	West	East	West	East	West	East	West	East
		Double Step 6:35-7:30 am		Open Gym 6:15-6:55 am		Step 6:35-7:30 am		Open Gym 6:15-6:55 am		Gym Opens 7:00 am			
Open Gym 6:15-8:25 am		Open Gym 7:30-8:30 am	Sm. Group Training 7:30-8:30 am	Fitness Conditioning 7:00-7:55 am		Open Gym 7:30-8:30 am	Sm. Group Training 7:30-8:30 am	Fitness Conditioning 7:00-7:55 am		Adult Basketball 7:00-8:55 am		Gym Opens 9:00 am	
Open Gym 8:00-8:25 am				Open Gym 8:00-8:25 am				Open Gym 8:00-8:25 am					
Low & Tone 8:30-9:25 am		Open Gym 8:30-8:55 am		Zumba 8:30-9:25 am		Open Gym 8:30-8:55 am		VivAsia 8:30-9:25 am				Zumba 9:05-10:00 am	
Step 9:30-10:25 am		Zumba/Sculpt 9:00-10:25 am		Step 9:30-10:25 am		Zumba/Sculpt 9:00-10:25 am		Step 9:30-10:25 am		Climbing 9:00-9:55 am	Fitness Conditioning 9:00-9:55 am		
Basic Fitness 10:30-11:25 am		Coed Basketball 10:30 am - 1:30 pm		Basic Fitness 10:30-11:25 am		Coed Basketball 10:30am - 2:00 pm		Zumba Gold/Sculpt 10:30-11:25 am				Adult Volleyball 10:05 am - 2:00 pm	
Adult Basketball 11:30 am - 2:45 pm		Adult Indoor Soccer 1:30-3:00 pm		Adult Basketball 11:30 am - 2:30 pm		Open Gym 2:00-3:00 pm		Adult Basketball 11:30 am - 2:45 pm				Open Gym 2:05-4:00 pm	
Family Gym 3:00-4:00 pm		Youth Basketball League (YBL) 3:00-8:00 pm		Activate Youth 2:30-4:55 pm		Little Sporters 3:00-4:00 pm		Family Gym 3:00-4:00 pm				Family Gym 4:05-5:55 pm	Youth Basketball League (YBL) 2:05-6:00 pm
Youth Basketball League (YBL) 4:00-5:00 pm						Climbing & Badminton (1 court) 4:00-6:55 pm	Youth Basketball League (YBL) 3:00-8:00 pm			Youth Basketball League (YBL) 10:00 am - 8:00 pm			
Fam. Gym Ping Pong & Badminton 5:00-6:25 pm	Zumba 5:20-6:15 pm	Climbing & Badminton (1 court) 4:00-6:55 pm		Family Gym Ping Pong & Badminton 5:00-6:25 pm		Zumba 5:20-6:15 pm		Climbing & Badminton 5:00-6:30 pm	Youth Basketball League (YBL) 4:00-8:00 pm			Adult Basketball 6:00-7:45 pm	Badminton 6:00-7:45 pm
Boot Camp 6:25-7:25 pm						Youth Basketball League (YBL) 6:25-8:35 pm		Serious Climbers 6:30-7:45 pm					
YBL 6:30-8:30 pm	YBL 7:30-8:30 pm	YBL 7:00-8:00 pm											
Teen Basketball 8:35-9:45 pm	Teen Volleyball 8:35-9:45 pm	Adult Volleyball 8:05-9:45 pm		Open Gym 8:40-9:45 pm		Adult Volleyball 8:05-9:45 pm		Gym Closes 7:45 pm		Gym Closes 7:45 pm		Gym Closes 7:45 pm	

ADULT SPORTS (Basketball, Volleyball, Indoor Soccer) – For members and their guests, 18 years and older. Teens may be allowed with a majority consensus of adult players.

ADULT PING PONG (Conference Rooms) – Tuesdays 10:00-11:15am, Thursdays 6:30-8:30 pm, Saturdays 3:30-5:30 pm, Sundays 5:00-8:00 pm

BADMINTON – Open for all ages. 1 or 2 nets available depending on location in gym.

CLIMBING – Open to youth and teens before 5:00 pm and to all ages after 5:00 pm. Saturday mornings are for all ages.

FAMILY GYM – Family gym is for youth with or without parents. No adults who are not accompanied by children are allowed.

LITTLE SPORTSTERS – Open to children ages 3 through kindergarten.

OPEN GYM – Open for all ages. Any sport that has 6 or more players may be played. No full court Basketball is allowed.

TEEN SPORTS (Basketball/Volleyball) – For teens, 12-17 years old.

YOUTH BASKETBALL LEAGUE (YBL) – Open to youth grades K-8.

The YMCA provides all sports equipment for Badminton, Basketball, Climbing, Indoor Soccer, Ping Pong and Volleyball.