



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

Sequoia YMCA

Gymnasium
Schedule
Winter 2012

**Schedule starts
January 18, 2012**
and is subject to
change

Sequoia YMCA
1445 Hudson St.
Redwood City,
CA 94061
650.368.4168

Facility Hours
Mon-Thurs:
5:30am - 10pm
Friday:
5:30am - 8:30pm
Saturday
7am - 6pm
Sunday
9am - 5pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 7:00am	Open Play 5:30am - 8am	Open Play 5:30am - 8:30am	Open Play 5:30am - 6:15am	Open Play 5:30am - 8am	Open Play 5:30am - 9am	Open Play 7am - 8:30am	
7:00am - 8:00am	Balance Class 8am - 8:45am	Sculp I 8:30am - 9:30am	Balance Class 8am - 8:45am	Sculp II 8:30am - 9:30am		Zumba 8:00am - 9:30am	
8:00am - 9:00am	Zumba 9am - 10am		Low Impact 9am - 10am		Hi/Lo Impact 9am - 10am		
9:00am - 10:00am	Tai-Chi 10am - 11am	Open Play 9:30am - 11am	Gym Ventures (SET UP) 10am - 10:45am				Open Play 9am-10am
10:00am - 11:00am		Little Sportsters 11am - 11:45am	Gym Ventures 10:45am-11:45am	Open Play 9:30am-2:00pm			
11:00am - 12:00pm	Adult Member Basketball 11:15am - 2pm		Adult Member Basketball 12pm - 2pm		Open Play 10am - 4pm	Youth Basketball League Games 10am - 4pm	Adult Member Basketball 10am - 1pm
12:00pm - 1:00pm		Open Play 11:45am - 4pm					
1:00pm - 2:00pm	Open Play 2pm - 4:00pm		Open Play 2pm - 4:00pm	Youth Basketball Practice 2:00pm-4:05pm			
2:00pm - 3:00pm							
3:00pm - 4:00pm	Youth Sports Fitness 4pm-5:00pm	Youth Sports Fitness / Youth Basketball Practice 4pm-6:05pm	Youth Sports Fitness 4pm-5:00pm	Youth Sports Fitness/ Youth Basketball Practice 4pm-6:05pm	Youth Basketball Practice 10am - 4pm	Open Play 4pm-6pm	Open Play 1pm-5pm
4:00pm - 5:00pm	Zumba 5:30pm - 6:25pm	Youth Basketball Practice 5pm - 6:10pm	Youth Basketball Practice 5pm - 6:15pm	Youth Basketball Practice 5pm - 6:10pm			
5:00pm - 6:00pm	Kickbox Fitness 6:30pm - 7:30pm	Zumba 6:30pm - 7:30pm	Sculp II 6:30pm - 7:30pm	Zumba 6:30pm - 7:30pm	Family Zumba (Ages 5 & Up) 6pm-7pm		
6:00pm - 7:00pm							
7:00pm - 8:00pm	Open Play 7:30pm-9:30pm	Adult Basketball League 7:30pm-9:30pm	Open Play 7:30pm - 9:30pm	Adult Member Basketball 7:30pm - 9:30pm	Family Fun Night 7:30pm- 8:30pm		
8:00pm - 9:00pm							