

# THE STAMFORD FAMILY YMCA GYMNASIUM SCHEDULE

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FAMILY GYM TIME</b> 11AM-1:30PM FULL (No Equipment)	<b>OPEN BASKETBALL</b> 5AM-7AM (No Equipment)	<b>OPEN BASKETBALL</b> 5AM-7AM (No Equipment)	<b>OPEN BASKETBALL</b> 5AM-7AM (No Equipment)	<b>OPEN BASKETBALL</b> 5AM-7AM (No Equipment)	<b>OPEN BASKETBALL</b> 5AM-7AM (No Equipment)	<b>FAMILY GYM TIME</b> 10AM-2PM FULL (No Equipment)
	<b>BADMINTON</b> 5:30AM-7:00AM HALF	<b>BADMINTON</b> 5:30AM-7:00AM HALF	<b>BADMINTON</b> 5:30AM-7:00AM HALF	<b>BADMINTON</b> 5:30AM-7:00AM HALF	<b>BADMINTON</b> 5:30AM-7:00AM HALF	
<b>OPEN BASKETBALL</b> 1:30PM-3:45PM HALF	<b>OPEN BASKETBALL</b> 7AM - 3PM FULL	<b>OPEN BASKETBALL</b> 7AM - 3PM FULL	<b>OPEN BASKETBALL</b> 7AM - 3PM FULL	<b>OPEN BASKETBALL</b> 7AM - 3PM FULL	<b>OPEN BASKETBALL</b> 7AM - 3PM FULL	<b>FAMILY GYM TIME</b> 3PM-6PM HALF
<b>BADMINTON</b> 1:30PM-3:45PM HALF	<b>LEAD ACADEMY</b> 3PM-6PM HALF	<b>LEAD ACADEMY</b> 3PM-6PM HALF	<b>LEAD ACADEMY</b> 3PM-6PM HALF	<b>LEAD ACADEMY</b> 3PM-6PM HALF	<b>LEAD ACADEMY</b> 3PM-6PM HALF	
	<b>FAMILY GYM TIME</b> 3PM-6PM HALF	<b>FAMILY GYM TIME</b> 3PM-7:45PM FULL	<b>FAMILY GYM TIME</b> 3PM-6PM HALF	<b>FAMILY GYM TIME</b> 3PM-7PM HALF	<b>FAMILY GYM TIME</b> 3PM-6PM HALF	<b>OPEN BASKETBALL</b> 2PM-4:45PM Half (No Equipment)
	<b>YMCA YOUTH SPORTS</b> 6PM-8PM FULL		<b>YMCA YOUTH SPORTS</b> 6PM-8PM FULL	<b>BIG LEAGUE DODGEBALL</b> 7PM-9PM FULL	<b>BADMINTON</b> 6:45PM-8:30PM Half	
	<b>OPEN BASKETBALL</b> 8PM-9:45PM (No Equipment)	<b>OPEN BASKETBALL</b> 7:45PM-9:45PM HALF	<b>OPEN BASKETBALL</b> 8PM-9:45PM (No Equipment)	<b>OPEN BASKETBALL</b> 9PM-9:45PM FULL (No Equipment)	<b>OPEN BASKETBALL</b> 6PM-8:45PM HALF	

### IMPORTANT INFORMATION

NO food or drinks allowed in the gymnasium.  
 (Capped water bottles only)  
**NO** profanity arguing or fighting.  
 Please be respectful of the schedule and sharing of court space.  
 If you choose not to abide by these guidelines, membership privileges may be revoked.  
**NO** one under 12 without adult supervision



**Stamford**

Facility Operating Hours:  
 Monday – Thursday 5am – 10pm  
 Friday 5am – 9pm  
 Saturday 8am – 5pm  
 Sunday 11am - 4pm

*\*This schedule is subject to change without prior notice.*  
**GYMNASIUM** will close 15 minutes earlier than we close