



**COCOA YMCA**  
**GYMNASIUM SCHEDULE**



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY									
	GYM HOURS 6:00am - 8:30pm		GYM HOURS 6:00am - 8:30pm		GYM HOURS 6:00am - 8:30pm		GYM HOURS 6:00am - 8:30pm		GYM HOURS 6:00am - 8:00pm		GYM HOURS 8:00am - 4:00pm		GYM HOURS 12:00pm - 4:00pm									
Activity Time	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2								
5:30 - 7:00am	Morning Pick-up		Boot Camp	Morning Pickup	Morning Pick-up		Boot Camp	Morning Pickup	Morning Pick-up		 YMCA We build strong kids, strong families, strong communities.											
7:00 - 8:00am			Morning Pickup				Morning Pickup															
8:00 - 9:30am	Child Watch	Open Gym	Child Watch	Open Gym	Child Watch	Open Gym	Child Watch	Open Gym	Child Watch	Open Gym					Special Olympics Practice							
9:30 - 10:30am	Silver Sneakers		Silver Sneakers		Silver Sneakers		Silver Sneakers II		Silver Sneakers													
10:30 - 11:15am	Cardiodance 10:45-11:15am		10-11AM		Cardiodance 10:45-11:15am		10-11AM		Cardiodance 10:45-11:15am													
11:00a - 12:00p	Open Pickup Basketball		Open Basketball	Open Pickup Basketball	Open Pickup Basketball		Open Basketball	Open Pickup Basketball	Open Pickup Basketball						Open Basketball							
12:00 - 1:00pm			RFM 12PM TO 2PM				RFM 12PM TO 2PM															
1:00 - 2:00pm			Open Pickup Basketball				Open Pickup Basketball															
2:00 - 3:00pm	Teen Basketball	RFM	Teen Basketball	BCC (W)	Teen Basketball	RFM	Teen Basketball	BCC (W)	Teen Basketball	RFM									Family/Teen Basketball			
3:00 - 4:30pm	2 TO 4	230-4	2 TO 4	230-4	2 TO 4	230-4	2 TO 4															
4:30 - 5:00pm	Open Basketball	CHS	Indoor Soccer	CHS	Open Basketball	CHS	Open Basketball	CHS	Adult Basketball	CHS												
5:00 - 6:00pm	430 to 6	4:30-6	430-6pm	430-6	430 to 6	430-6	Gymnastics	430-6	430 - 6	430-6	 YMCA We build strong kids, strong families, strong communities.											
6:00 - 7:00pm	Boot Camp 6 to 7	BCC (W)	Zumba	Family Basketball	Volleyball	BCC	Open Basketball	Fencing	Zumba	BCC (W)												
7:00 - 8:30pm	Adult Pickup 730 to 830	6 TO 8	Adult Pickup	6 to 8	6 to 830	6 to 8	Dodgeball 7 to 8		Open Basketball	6 TO 8												

The Purpose of this Association is to improve the lives in Central Florida by connecting with individuals, families, and communities with opportunities based upon Christian values that strengthen the Spirit, Mind and Body.

**DAILY ACTIVITIES**

- Morning Pickup Basketball - All Ages start your morning off right with a healthy game of pickup basketball
- Open Pickup Basketball- All ages come enjoy organized pickup basketball in the afternoon time
- Teen Basketball- Ages 12 to 19 enjoy organized afternoon basketball with your peers
- Silver Sneakers - Program for seniors to improve their fitness levels
- Tuesday/Friday Zumba- 6pm-7pm - Working out to the newest hits with latin style dance moves
- Monday/Wednesday/Friday Cardiodance- 10:45am-11:15am - Exercise class working out with hip hop dance moves

**MONDAY:**

- Boot Camp- 6pm-7pm- workout using drills and exercises emphasized in military training
- Adult Pickup Basketball- 730pm - 830pm- Organized adult pickup basketball for 18+ members

**TUESDAY:**

- Indoor Soccer- 4:30pm-6pm - Organized indoor soccer for 12+ members
- Family Basketball- 6pm-8pm - Open basketball for families and all ages
- Adult Pickup Basketball- 7pm to 830pm- Organized Adult Pickup Basketball for 18+ members

**WEDNESDAY:**

- Volleyball- 6pm to 830pm - All ages welcome to come learn and play volleyball

**THURSDAY:**

- Gymnastics- 5pm-6pm - Youth Sports Program for boys and girls 6-12 focusing on learning and development of basic gymnastics
- Dodgeball- 7pm-8pm - Ages 12+ come play dodgeball based on N.A.D.A. rules
- Fencing- 7pm to 830pm - BCC Fencing class for BCC Students enrolled

**FRIDAY:**

- Adult Pickup Basketball- 430 to 600pm- Organized adult pickup basketball for 18+ members

**HIGHSCHOOL/COLLEGE PRACTICES**

- RFM- RFM Christian Academy Boys Basketball Team
- BCC(W)- Brevard Community College Womens' Basketball Team
- CHS- Cocoa High Boys Basketball Team