

GYMNASIUM

SEASON: August 15 - October 24

J. Douglas Williams YMCA Family Center

Our Mission: The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen spirit, mind and body.



YMCA of Central Florida

Activity Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	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
5:00am	Adult Morning Pickup (18+)		Adult Morning Pickup (18+)		Adult Morning Pickup (18+)		Adult Morning Pickup (18+)		Adult Morning Pickup (18+)					
6:00am														
7:00am														
8:00am														
9:00am		Gym Jam						Gym Jam			Adult Pickup			
10:00am	Zumba				Zumba				Zumba		Youth Volleyball Games			
11:00am														
12:00pm	Lunch Hour Adult Basketball		Lunch Hour Adult Basketball	Home School PE	Lunch Hour Adult Basketball		Lunch Hour Adult Basketball		Lunch Hour Adult Basketball	Home School PE				
1:00pm														
2:00pm														
3:00pm	Teen Pickup		Teen Pickup		Teen Pickup		Teen Pickup		Teen Pickup				Adult Volleyball	
4:00pm														
5:00pm														
6:00pm		Adult Pick Up	Adult Pick Up	Youth Volleyball Practice	Adult Volleyball	Adult Pick Up	Adult Pick Up	Youth Volleyball Practice	Family Play	Youth Volleyball Practice				
7:00pm	Zumba													
8:00pm														



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www.CentralFloridaYMCA.org

www.Quickscores.com/jdouglasymca

Schedule is Subject to Change. Schedule Begins 3-14-2010