

# GYMNASIUM

Fall 2009

## Winter Park 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.



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 Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball			
6:00am														
7:00am	Teen Pick-Up Sports	Adult Pick-Up B-ball	Teen Pick-Up Sports	Adult Pick-Up B-ball	Teen Pick-Up Sports	Adult Pick-Up B-ball	Teen Pick-Up Sports	Adult Pick-Up B-ball	Teen Pick-Up Sports	Adult Pick-Up B-ball	Adult Pick-Up Basketball			
8:00am														
9:00am	Gym Jam Ages 3-6		Bootcamp (Group Fitness)		Gym Jam Ages 3-6		Bootcamp (Group Fitness)		Gym Jam Ages 3-6		Teen Pick-Up Sports		Family Play	
10:00am														
11:00am	Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Teen Pick-Up Sports		Family Play	
12:00pm														
1:00pm														
2:00pm	Teen Pick-Up Sports	Family Play	Teen Pick-Up Sports	Family Play	Teen Pick-Up Sports	Family Play	Teen Pick-Up Sports	Family Play	Teen Pick-Up Sports	Family Play	Adult Pick-Up Basketball		Family Play	
3:00pm														
4:00pm														
5:00pm	Adult Pick-Up B-ball	Youth Sports League	Adult Pick-Up B-ball	Youth Sports League	Adult Pick-Up B-ball	Youth Sports League	Adult Pick-Up B-ball	Youth Sports League	Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up B-ball	
6:00pm														
7:00pm														
8:00pm	Adult Basketball 5v5 League		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Basketball 3v3 League		Adult Pick-Up Basketball		Adult Pick-Up Basketball		Adult Pick-Up Basketball	
9:00pm														

Sports Director:  
**Courtney Forson**  
cforsor@cfymca.org

Sports Coordinator:  
**David Maida**  
wpsports@cfymca.org

**Schedule Key**

**BLUE** Adult  
**GREEN** Teen  
**RED** Kids  
**PURPLE** Family