

# YMCA **Gymnasium**

## GYM SCHEDULE INFORMATION

- Open Climb Tuesday and Thursday 3:00-6:00 pm
- Martial Arts: Monday and Wednesday 6:30-8:00 PM  
(Classes will be in Rockwall area)
- Open Volleyball Wednesday Night 7:00-9:30 PM
- Rookie Sports Wednesday Night 5:30-6:15 PM
- Birthday Parties Fridays from 7 to 9 PM  
Saturdays and Sundays from 12 to 2 PM and 3 to 5 PM
- Family Indoor Playpark Monday and Wednesday 11:00 am—12:45 pm  
(In Rockwall area)
- For more information on Birthday parties and facility rentals email Nikki Donathan at [ndonathan@ymca-portland.org](mailto:ndonathan@ymca-portland.org) or phone (360) 258-3829.
- For more information on gym programming email Heidi White at [hwhite@ymca-portland.org](mailto:hwhite@ymca-portland.org) or phone (360) 258-3844.

GYM SCHEDULE MAY CHANGE TO MEET THE NEEDS OF  
THE COMMUNITY & PROGRAMS OFFERED BY THE CLARK COUNTY FAMILY YMCA

### Definitions:

Open Gym: Free flowing recreation time. All are welcome and activities will change according to the population present at the time.

Open Climb: For ages 5 and above. 1 climber on the wall at a time. No more than 5 climbers in the Rockwall area at a time

Youth Basketball: Basketball for grades K-12. Must register through the YMCA in order to participate.

Adult Basketball: Basketball for the 18 and over crowd (25 and over on Sat. mornings).

Rookie Sports: For boys and girls ages 3-6, this introductory level program is offered every month with a different sports theme. Must register through the YMCA in order to participate.

Family Indoor Playpark: Parent and children are welcome to interact together with foam filled equipment, balls and more.

*See a YMCA staff person for details on these and many other programs!*

**THANKS..... AND ENJOY YOUR YMCA EVERYDAY!**

(revised 4/8/09)

## Mt. Adams Court Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		
9-10 am							
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM	Open Gym	Open Gym	Home Link 10-12 PM	Basketball	Open Gym
11 am-12 pm							
12-1 pm	Open Gym	Open Gym	Home Link 1-3 PM		Open Gym	Spring Season April 18- May 30  No Games May 23rd	
1-2 pm							
2-3 pm						Basketball Continues	
3-4 pm			Open Gym				
4-5 pm						Open gym	
5-6 pm	Open Gym		Rookie Sports 5:30-6:15	Set	Up		
6-7 pm				YMCA Youth Basketball	YMCA Youth Basketball	Closed	Closed
7-8 pm	Open Gym		Open Volleyball 7:00-9:30	5:30 pm— 10:00 pm	5:30 pm- 10:00 pm		
8-10 pm				Spring Season April 16 - May 28  No games May 21	Spring Season April 17-May 29th  No games May 22		

## Mt. Hood Court Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		
9-10 am							
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM	Open Gym	Open Gym	Home Link 10 am -12:00 pm	Basketball	Open Gym
11 am-12 pm							
12-1 pm	Open Gym	Open Gym	Home Link 1-3 PM		Open Gym	Spring Season April 18- May 30  No games May 23	
1-2 pm							
2-3 pm						Basketball Continues	
3-4 pm			Open Gym				
4-5 pm						Open Gym	Rev. 6/7/06
5-6 pm	Open Gym		Open Gym	Set	Up		
6-7 pm				YMCA Youth Basketball	YMCA Youth Basketball	Closed	Closed
7-8 pm	Open Gym		Open Gym	5:30—10:00 pm	5:30—10:00 pm		
8-10 pm				Spring Season April 16—May 28  No games May 21	Spring Season April 17-May 29th  No games May 22		