

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 Fun Meet and Greet! Fourth Sunday of Every Month from 1-4:00 PM
- For more information on Birthday parties and facility rentals email Nikki Donathan at ndonathan@ymca-portland.org or phone (360) 258-3829.
- For more information on gym programming email Heidi White at 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
- 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 Fun-Meet and Greet: Bring friends and family to the YMCA for an afternoon of fun, games and activities for all ages

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

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

(revised 6/19/09)

Mt. Adams Court Schedule

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------|-----------------------------|----------|------------------------------|----------|-----------------------------|-------------------------------|----------|
| 5-7 am | 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 | | | | | | Open Gym | Open Gym |
| 10-11 am | | | | | | | |
| 11 am-12 pm | | | | | | | |
| 12-1 pm | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | | |
| 1-2 pm | | | | | | | |
| 2-3 pm | | | | | | Open Gym | Open Gym |
| 3-4 pm | | | | | | | |
| 4-5 pm | | | | | | | |
| 5-6 pm | | | Rookie Sports 5:30-6:15 | | | | |
| 6-7 pm | | | | | | | |
| 7-8 pm | | | Open Volleyball 7:00-9:30 | | | Closed | Closed |
| 8-10 pm | | | | | | | |

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 | | | | | | Open Gym | Open Gym |
| 10-11 am | YMCA | YMCA | YMCA | YMCA | YMCA | | |
| 11 am-12 pm | Summer | Summer | Summer | Summer | Summer | | |
| 12-1 pm | Camps | Camps | Camps | Camps | Camps | | |
| 1-2 pm | 9-5:00 PM | 9-5:00 PM | 9-5:00 PM | 9-5:00 PM | 9-5:00 PM | | |
| 2-3 pm | | | | | | Open Gym | Rev. 6/7/06 |
| 3-4 pm | | | | | | | |
| 4-5 pm | | | | | | | |
| 5-6 pm | | | | | | | |
| 6-7 pm | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | | |
| 7-8 pm | | | | | | Closed | Closed |
| 8-10 pm | | | | | | | |