

YMCA Winter 10 Gymnasium

GYM SCHEDULE INFORMATION

- Open Climb Tuesday and Thursday 3:00-6:00 pm
- Volleyball Wednesday Night 7:00-10:00 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 4th Sunday of the month from 1-4 pm
Meet and Greet (In Rockwall area)
- 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.
- Volleyball: Open Volleyball on Mt Adams court and Family Volleyball on Mt Hood court every Wednesday evening.
- 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 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 12/28/09)

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	Closed
8-9 am	Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		
9-10 am	Open Gym 9:00 - 9:45 am		Open Gym 9:00 - 12:45 pm		Open Gym 9:00 - 9:45 am	Open Gym	Open Gym
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM			Home Link 10-12 PM		
11 am-12 pm	Open Gym 1/18 and 2/15)						
12-1 pm	Open Gym				Open Gym		
1-2 pm		Open Gym	Home Link 1-3 PM				
2-3 pm							
3-4 pm			Open Gym				
4-5 pm							
5-6 pm			Rookie Sports 5:30-6:15				
6-7 pm							(Gym Closed at 5:00 pm 1/17)
7-8 pm			Open Volleyball 7:00-10:00			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	Closed
8-9 am	Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		
9-10 am	Open Gym 9:00 - 9:45 am		Open Gym 9:00 - 12:45 pm		Open Gym 9:00 - 9:45 am	Open Gym	Open Gym
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM			Home Link 10 am -12:00 pm		
11 am-12 pm	(Open Gym 1/18 and 2/15)						
12-1 pm	Open Gym				Open Gym		
1-2 pm		Open Gym	Home Link 1-3 PM				
2-3 pm							
3-4 pm			Open Gym				
4-5 pm							
5-6 pm							
6-7 pm							(Gym Closed at 5:00 pm 1/17)
7-8 pm						Closed	Closed
8-10 pm			Family Volleyball 7:00-9:30				Rev. 12/8/09
			Open Gym				