



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Lakota Family YMCA Gym Schedule

**SUMMER 2018**

\*Begins May 29

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30		Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	
8:00							
8:30		7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	
9:00		<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	
9:30							
10:00							<b>Boot Camp</b>
10:30							10:00 - 11:00
11:00							East Gym
11:30							
12:00		Camp Arrowhead	Camp Arrowhead		Camp Arrowhead	Camp Arrowhead	
12:30		9:30am - 6:00pm	9:30am - 6:00pm		9:30am - 6:00pm	9:30am - 6:00pm	
1:00		<b>West Gym</b>	<b>West Gym</b>		<b>West Gym</b>	<b>West Gym</b>	
1:30							
2:00		<b>East gym open</b>	<b>East gym open</b>		<b>East gym open</b>	<b>East gym open</b>	
2:30							
3:00							
3:30							
4:00							
4:30				Camp Arrowhead			
5:00				<b>West Gym</b>			
5:30				4:00 - 6:00			
6:00							
6:30			Family Open Gym				
7:00			6:00 - 7:30				
7:30		Open Gym		Open Gym	Open Gym	Open Gym	
8:00							
8:30							
9:00							
9:30							
10:00							
<b>Schedule is subject to change</b>							
Direct questions regarding Gym availability to: Andrew Maynard at (513) 779-3917 or email Andrew.Maynard@Lakotaymca.com <b>**No organized team activities during open gym times**</b> Schedule is subject to change due to rentals not known at printing.							