

Embarcadero YMCA

Gym Schedule-January 2007

The Embarcadero YMCA, a branch of the YMCA of San Francisco, builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 a.m.	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am		
6:00 a.m.	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am		
7:00 a.m.	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am	Open Gym 5:30-8:00 am	Basketball 5:30-8:00 am		
8:00 a.m.	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	Open Gym 8:00-12:00 PM	
9:00 a.m.	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	Open Gym 8:00-12:00 PM	YMCA Program 9:00-12:00 pm
10:00 a.m.	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	Open Gym 8:00-12:00 PM	YMCA Program 9:00-12:00 pm
11:00 a.m.	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Open Gym 8:00-12:00 PM	YMCA Program 9:00-12:00 pm
12:00 p.m.	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Open Gym 12:00-2:00 PM	Open Gym 12:00-5:45 pm
1:00 p.m.	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Open Gym 2:00-4:00 PM	Open Gym 12:00-5:45 pm
2:00 p.m.	Basketball 11:00-2:30 pm.	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Basketball 11:00-2:30 pm	Open Gym 2:00-4:00 pm	Open Gym 12:00-5:45 pm
3:00 p.m.	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	Volleyball Reverse Co-Ed 4:00-7:45 pm	Open Gym 12:00-5:45 pm
4:00 p.m.	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	YMCA Programs	Volleyball Reverse Co-Ed 4:00-7:45 pm	Open Gym 12:00-5:45 pm
5:00 p.m.	Basketball 5:00-9:45 pm	Basketball 5:00-6:00 pm	Basketball 5:00-6:30 pm	Basketball 5:00-9:45 pm	Basketball Adults/Teens 5:00-9:45 pm	Volleyball Reverse Co-Ed 4:00-7:45 pm	Open Gym 12:00-5:45 pm
6:00 p.m.	Basketball 5:00-9:45 pm	Boot Camp 6:00-7:00 pm	Basketball 5:00-6:30 pm	Basketball 5:00-9:45 pm	Basketball Adults/Teens 5:00-9:45 pm	Volleyball Reverse Co-Ed 4:00-7:45 pm	
7:00 p.m.	Basketball 5:00-9:45 pm	Volleyball Skills Clinic 7:00-9:45 pm	Volleyball Int/Adv 6:30-9:45 pm	Basketball 5:00-9:45 pm	Basketball Adults/Teens 5:00-9:45 pm	Volleyball Reverse Co-Ed 4:00-7:45 pm	
8:00 p.m.	Basketball 5:00-9:45 pm	Volleyball Skills Clinic 7:00-9:45 pm	Volleyball Int/Adv 6:30-9:45 pm	Basketball 5:00-9:45 pm	Basketball Adults/Teens 5:00-9:45 pm		
9:00 p.m.	Basketball 5:00-9:45 pm	Volleyball Skills Clinic 7:00-9:45 pm	Volleyball Int/Adv 6:30-9:45 pm	Basketball 5:00-9:45 pm	Basketball Adults/Teens 5:00-9:45 pm		

.For further information or questions, please contact the Health and Fitness Director at (415) 615-1314