



**Hours**  
 Mon-Fri: 5:30 am-9:45pm  
 Sat: 8:00 am-7:45 pm  
 Sun: 9:00 am-5:45 pm

**Gym**  
**Hotline:**  
 415 615 1355

**Embarcadero YMCA**  
 169 Steuart Street  
 San Francisco, CA 94105  
 415 957 9622  
[www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero)

## GYM SCHEDULE: February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 a.m.</b>	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		
<b>6:00 a.m.</b>	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		
<b>7:00 a.m.</b>	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		
<b>8:00 a.m.</b>	OPEN	OPEN	OPEN	OPEN	OPEN	Basketball 8:00-12:00 PM	
<b>9:00 a.m.</b>	OPEN	OPEN	OPEN	OPEN	OPEN	Basketball 8:00-12:00 PM	Open Gym 9:00-1:00 pm
<b>10:00 a.m.</b>	OPEN	OPEN	OPEN	OPEN	OPEN	Basketball 8:00-12:00 PM	Open Gym 9:00-1:00 pm
<b>11:00 a.m.</b>	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	Basketball 8:00-12:00 PM	Open Gym 9:00-1:00 pm
<b>12:00 p.m.</b>	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	Disabled Fit 12:30-3:30 PM	Open Gym 9:00-1:00 pm
<b>1:00 p.m.</b>	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	Disabled Fit 12:30-3:30 PM	Keen 1:00-5:45 pm
<b>2:00 p.m.</b>	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	Disabled Fit 12:30-3:30 pm	Keen 1:00-5:45 pm
<b>3:00 p.m.</b>	OPEN	OPEN	OPEN	OPEN	OPEN	Volleyball Reverse Co-Ed 4:00-7:45 pm	Keen 1:00-5:45 pm
<b>4:00 p.m.</b>	OPEN	<b>CLOSED</b> Jay Moore Futsal 4:00-5:00 Jan 10-Feb 28	OPEN	<b>CLOSED</b> Special Event 4:00-5:00 Jan - Mar	<b>CLOSED</b> Villa Soccer 4:00-6:00 Jan 6-Mar 23	Volleyball Reverse Co-Ed 4:00-7:45 pm	Keen 1:00-5:45 pm
<b>5:00 p.m.</b>	Basketball 5:00-9:45 pm	Basketball 5:00-6:00 pm	Basketball 5:00-6:15 pm	Basketball 5:00-9:45 pm	<b>CLOSED</b> Villa Soccer 4:00-6:00 Jan 6-Mar 23	Volleyball Reverse Co-Ed 4:00-7:45 pm	Keen 1:00-5:45 pm
<b>6:00 p.m.</b>	Basketball 5:00-9:45 pm	Boot Camp 6:00-7:00 pm	Basketball 5:00-6:15 pm	Basketball 5:00-9:45 pm	Basketball 6:00-9:45 pm	Volleyball Reverse Co-Ed 4:00-7:45 pm	
<b>7:00 p.m.</b>	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 6:00-9:45 pm	Volleyball Reverse Co-Ed 4:00-7:45 pm	
<b>8:00 p.m.</b>	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 6:00-9:45 pm		
<b>9:00 p.m.</b>	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 6:00-9:45 pm		