

PARK HEIGHTS BLAUSTEIN GYM SCHEDULE Effective January 7, 2024



Sunday		Monday		Tuesday		Wednesday		Thursday	Friday	Saturday
Closed Open Gym (7-8)		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	
YMC (8:00 - 10:00)		YMC (8:40 - 9:15)		YMC (8:40 - 9:15)		YMC (8:40 - 9:15)		YMC (8:40 - 9:15)	YMC (8:40 - 9:15)	
		Get Fit Stay Fit		Open Gym		Get Fit Stay Fit		Open Gym	Get Fit Stay Fit	
Soc shots 10:30 - 11:15	Volleyball	YMC (10:30 - 10:55)		YMC (10:30 - 10:55)		YMC (10:30 - 10:55)		YMC (10:30 - 10:55)	YMC (10:30 - 10:55)	CLOSED
	(10-12)	Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	
Open O B&A basketball 1 -	Gym	YMC (12:10 - 2:20)		YMC (12:10 - 1:35)		YMC (12:10 - 2:20)		YMC (12:10 - 1:35)	YMC (12:10 - 1:35)	
3		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym 1:35 -	
Believe & Achieve Basketball League 3 -7pm		YMC 3:25 - 4:25		YMC 4:05-4:25		YMC 3:25 - 4:25		YMC 4:05-4:25	5:15	
		Open Gym		Open Gym		Open Gym		Open Gym		
		YMC 6:00 - 7:45		YMC 6:00 - 7:45		YMC 6:00 - 7:45		Basketball Clinics 5 - 7pm		
CLOSED		Table Tennis 7:30 - close	Open Gym	Open Gym	Volleyball (7:30-close)	Table Tennis 7:30 - close	Open Gym	Open Gym		
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Open gym = first come first serve on the courts for basketball play etc. Must provide own equipment										
Drop In Sports - Do not start set-up until 7:30pm YMC school use - gym closed to members										

Schedule is subject to change based on building hours and program changes. Members must proved ALL own equipment!

