

YMCA Gym Schedule

Monday

East Side

5:30-9:00 am	Open Gym
9:00-10:00 am	Boot Camp (no 6/7, 7/5, 7/12)
9:00-10:00 am	Youth Sports/Camp (6/7, 7/5, 7/12)
10:00-11:30 am	Open Gym
11:30 am-1:00 pm	Adult Pick-Up
1:00-10:00 pm	Open Gym

West Side

5:30-8:30 am	Open Gym
8:30-11:30 am	Gym Ventures
10:00 am-10:00 pm	Open Gym

No Open Gym:

9:00-10:00 am
11:30am-1:00 pm

Tuesday

East Side

5:30-9:00 am	Open Gym
9:00-10:00 am	Youth Sports/Camp (6/8, 7/7, 7/13)
10:00-11:30 am	Open Gym
11:30 am-1:00 pm	Adult Pick-Up
1:00-4:30pm	Open Gym
5:30-6:30 pm	Sports Conditioning
6:30-10:00 pm	Open Gym

West Side

5:30-8:30 am	Open Gym
8:30-11:30 am	Gym Ventures
11:30am-1:00pm	Adult Pick-Up
1:00-10:00pm	Open Gym

No Open Gym:

9:00-10:00 am
11:30am-1:00 pm

Wednesday

East Side

5:30-9:00 am	Open Gym
9:00-10:00 am	Boot Camp (no 6/9, 7/7, 7/14)
9:00-10:00 am	Youth Sports/Camp (6/9, 7/7, 7/14)
10:00-11:30 am	Open Gym
11:30am-1:00pm	Adult Pick-Up
1:00-10:00pm	Open Gym

West Side

5:30-8:30 am	Open Gym
8:30-11:30 am	Gym Ventures
11:30am-1:00pm	Adult Pick-Up
1:00-10:00pm	Open Gym

No Open Gym:

9:00-10:00 am
11:30am-1:00 pm

YMCA of Boulder Valley - Arapahoe Center

2800 Dagny Way
Lafayette, CO 80026
303.664.5455
fax: 303.664.5456

Thursday

East Side

5:30-9:00 am	Open Gym
9:00-10:00 am	Youth Sports/Camp (6/10, 7/8, 7/15)
10:00-11:30 am	Open Gym
11:30 am-1:00 pm	Adult Pick-Up
1:00-4:30 pm	Open Gym
5:30-6:30 pm	Sports Conditioning
6:30-10:00 pm	Open Gym

West Side

5:30-8:30 am	Open Gym
8:30-11:30 am	Gym Ventures
11:30 am-1:00 pm	Adult Pick-Up
1:00-5:30 pm	Open Gym
5:30-6:45 pm	Mini Primetime Basketball
6:45-10:00 pm	Open Gym

No Open Gym:

9:00-10:00 am
11:30am-1:00 pm
5:30-6:30 pm

Friday

East Side

5:30-9:00 am	Open Gym
9:00-10:00 am	Youth Sports/Camp (6/11, 7/9, 7/16)
10:00-11:30 am	Open Gym
11:30 am-1:00 pm	Adult Pick-Up
1:00-10:00 pm	Open Gym

West Side

5:30-8:30 am	Open Gym
8:30-11:30 am	Gym Ventures
11:30am-1:00pm	Adult Pick-Up
1:00-10:00pm	Open Gym

No Open Gym:

9:00-10:00 am
11:30am-1:00 pm

Gym Closed at 1:00pm on Friday, June 11th

Saturday

East and West Side

7:00 am-8:00 pm	Open Gym
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Gym Closed on Saturday, June 12th

Sunday

East and West Side

8:00-9:30 am	Open Gym
9:30am-12:00 pm	Adult Pick-Up
8:00 am-8:00 pm	Open Gym

Gym Closed until 12:00pm on Sunday, June 13th

See reverse for the rules and policies for the YMCA programs taking place in the gym.