



# Basketball Gym Schedule

## Court A

Yates Family YMCA - 221 Riverside Ave. - (904) 355-1436

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM	YMCA Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	YMCA Closed		
6:00 AM			S3 Training		S3 Training		YMCA Closed		
7:00 AM			Open Gym		Open Gym		Open Gym	Open Gym	
8:00 AM		Open Gym	Adult Basketball	Open Gym	Open Gym	Adult Basketball	Youth Basketball League		
9:00 AM		Open Gym							
10:00 AM	Open Gym	Adult Basketball	Open Gym	Adult Basketball	Open Gym	Adult Basketball	Youth Basketball League		
11:00 AM			Open Gym	S3 Training	S3 Training				
12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball League		
1:00 PM									
2:00 PM									
3:00 PM	YMCA Closed	Adult Basketball	Open Gym	Adult Basketball	Badminton Club	Adult Basketball	YMCA Closed		
4:00 PM								Open Gym	Open Gym
5:00 PM			Open Gym		Open Gym			Open Gym	Open Gym
6:00 PM	YMCA Closed	Adult Basketball	Open Gym	Adult Basketball	Badminton Club	Adult Basketball	YMCA Closed		
7:00 PM			Open Gym					Open Gym	Open Gym
8:00 PM			Badminton Club					Badminton Club	Badminton Club
9:00 PM			Badminton Club		Badminton Club	Badminton Club			
10:00 PM			Badminton Club		Badminton Club	Badminton Club			

Updated: 1/8/2009

Turn over to see Court B Schedule →

**YMCA Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



# Basketball Gym Schedule

Court B

Yates Family YMCA - 221 Riverside Ave. - (904) 355-1436








Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	YMCA Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	YMCA Closed
6:00 AM			S3 Training		S3 Training		
7:00 AM			Open Gym		Open Gym		
8:00 AM		Adult Basketball	Open Gym	Adult Basketball	Open Gym	Adult Basketball	Youth Basketball League
9:00 AM							
10:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball League	
11:00 AM							
12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball League	
1:00 PM							
2:00 PM	Badminton Club	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball League	
3:00 PM							
4:00 PM	YMCA Closed	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	YMCA Closed
5:00 PM							
6:00 PM							
7:00 PM		Open Gym	Open Gym	Open Gym	Open Gym	YMCA Closed	
8:00 PM							
9:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	YMCA Closed		
10:00 PM							

Updated: 1/8/2009

Turn over to see Court A Schedule —>

**YMCA Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

# Yates Family YMCA Aquatics Schedule as of January 1st, 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Programming			
500am		Open 5:30am	Open 5:30am	Open 5:30am	Open 5:30am	Open 5:30am					
530am		4 lanes available for lap swimming 5:30am-8:30am	4 lanes available for lap swimming 5:30am-10:00am	4 lanes available for lap swimming 5:30am-8:30am	4 lanes available for lap swimming 5:30am-10:00am	4 lanes available for lap swimming 5:30am-8:30am			4 lanes available for lap swimming 5:30am-8:30am	Open 7:30am Family Swim & Lap Swimming 7:30am-8:30am  2 lanes each	
600am											
630am											
700am											
730am											
800am		Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics					
830am		8:30am-9:30am	8:30am-9:30am	8:30am-9:30am		8:30am-9:30am					
900am		2 lanes for laps	2 lanes for laps	2 lanes for laps		2 lanes for laps					
930am		Aqua Jog & Lap Swim	Aqua Jog & Lap Swim	Aqua Jog & Lap Swim		Aqua Jog & Lap Swim					
1000am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am							
1030am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Group Swim Lessons	Group Swim Lessons			
1100am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	8:30am-11:30am	Private Swim Lessons			
1130am	No lap lanes	No lap lanes	No lap lanes	No lap lanes	No lap lanes	No lap lanes		Tue/Thu 6pm-8pm Sat 11:30a-12:30p			
1200pm	Open 12pm	3 to 4 lanes available for lap swimming	Aqua Jog & Lap Swim 11:00am-11:30am		Aqua Jog & Lap Swim 11:00am-11:30am	3 to 4 lanes available for lap swimming	Private Swim Lessons				
1230pm	Family Swim and Lap swimming 12pm-4:30pm	11:30am-2:00pm	4 lanes available 12:00pm-3:00pm		4 lanes available 11:00am-4:30pm	Pool Maintenance	11:30am-5:00pm	Family Swim			
100pm		2 lanes	Physical Therapy		CEW start 1.20.09	Physical Therapy	Closed 2pm-3pm	Lap Swimming			
200pm		and			2 lanes available 2 lane 3pm-4:30pm	2 lanes available	CEW start 1.20.09	2 lanes 5:00p-5:30p		2 lanes	
230pm		Lap			2 lanes available for lap swimming 2:00pm-4:30pm	for lap swimming 2:00pm-4:30pm	2 lane 3pm-4:30pm	Lap Swimming		11:30am - 4:30pm	Barracudas Swim Team
300pm		swimming		3pm-4:30pm	2:00pm-4:30pm	2 lap lanes 3pm-4:30p	2 lanes 6:00p-7:00p	CEW 1st/3rd mo		Tuesdays/Thursdays 4:30pm-6pm	
330pm	2 lanes	Aqua Aerobics	Swim Team	Aqua Aerobics	Swim Team	Aqua Aerobics	3p-4:30p				
400pm	12pm-4:30pm	2 lanes available 5:00pm-6:00pm	No lap swimming 4:30pm - 6:00pm	2 lanes available 5:00pm-6:00pm	No lap swimming 4:30pm - 6:00pm	2 lanes available 5:00pm-6:00pm	Closed at 4:30pm	Masters Swim Team on hold until further notice			
430pm		Group Swim lessons	Lap Swimming 1-3 lanes 6pm-7pm	Group Swim lessons	Lap Swimming 1-3 lanes 6pm-7pm	Family Swim					
500pm	Close 4:30pm	2 lanes available for lap swimming 6:00pm-8:00pm	Private Swim Lessons	available for lap swimming 6:00pm-8:00pm	Private Swim Lessons	5:30pm-7:00pm		Advanced Aqua Aerobics Mon/Wed/Fri 8:30am-9:30am			
530pm						Close 7pm		Beginner Aqua Aerobics Mon-Fri 10:00am-11:00am			
600pm			3-4 lanes lap swim 8:00pm-9:00pm	3-4 lanes lap swim 8:00pm-9:00pm	3-4 lanes lap swim 8:00pm-9:00pm	3-4 lanes lap swim 8:00pm-9:00pm			Intermediate Aqua Aerobics Mon/Wed/Fri 5:00pm-6:00pm (new)		
630pm			Close 9pm	Close 9pm	Close 9pm	Close 9pm					
700pm			January			Birthday Parties available at the Pool			Proud Partnerships		
730pm			Sunday 12p-5p	Mon-Thu 5:30a-9p	Saturday 7:30p-4:30p	Contact the front desk or Tukz for more details 			U.S. Navy		
800pm				Friday 5:30a-7p					Children Enrichment Workshop		
830pm							Wolfson's Children's Rehab				
830pm							Sulzbacher Center				
900pm											
930pm											

**Contact Tukz Taaca - Regional Aquatic Director at (904) 355-1436 or [ttaca@firstcoastymca.org](mailto:ttaca@firstcoastymca.org)**

\*Times and dates are subject to change

