



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Alamance County YMCA

Gym 1 | July 20th– August 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 7AM – 5PM	OPEN GYM 1PM – 5PM

Schedule is subject to change

For a better us.

Stay tuned for Spring Sports registration information!



Alamance County YMCA

Gym 2 | July 20th– August 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 7AM – 5PM	OPEN GYM 1PM – 5PM
PICKLEBALL OPEN PLAY 8AM–12PM	PICKLEBALL OPEN PLAY 8AM–12PM	PICKLEBALL OPEN PLAY 8AM–12PM	PICKLEBALL OPEN PLAY 8AM–12PM	PICKLEBALL OPEN PLAY 8AM–12PM		Schedule is subject to change
OPEN GYM 12PM – 8PM	OPEN GYM 12PM – 8PM	OPEN GYM 12PM – 8PM	OPEN GYM 12PM – 8PM	OPEN GYM 12PM – 8PM		

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Gym 4 | July 20th–August 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 7AM–5PM	PICKLEBALL OPEN PLAY 1PM–5PM
SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM		
SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM		
OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM		

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Gym 5 | July 20th– August 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 7AM–5PM	PICKLEBALL OPEN PLAY 1PM–5PM
SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM	SPORTS CAMP 8AM–12PM		
SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM	SUMMER CAMP PROGRAM 12PM – 5PM		
OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM	OPEN GYM 5:00PM – 8PM		

Schedule
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to change

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