

YMCA Gymnasium

GYM SCHEDULE INFORMATION

- Baby Boot Camp Mon/Wed/Fri 9-10 AM, Tues/Thurs 9:30-10:45 AM
- Prenatal Fitness Mon and Wednesday 5:30-6:30 PM
- Rock Climbing Class: Saturday 12-1:30 PM
- Open Climb: Tuesdays 3:00-6:00 PM, 7:30-9:30 PM
Thursdays 3:00-6:00 PM
Saturdays: 9 AM-12 PM
- Martial Arts: Monday and Wednesday 6:30-8:00 PM
(Classes will be in Rockwall area)
- Open Volleyball Wednesday Night 7:00-9:30 PM
- Rookie Sports Wednesday Night 5:30-6:15 PM
- Birthday Parties Fridays from 7 to 9 PM
Saturdays and Sundays from 12 to 2 PM and 3 to 5 PM
- Family Indoor Playpark Monday and Wednesday 11:00 am—1:00 pm
(In Rockwall area)
- For more information on Birthday parties and facility rentals email Nikki Donathan at ndonathan@ymca-portland.org or phone (360) 258-3829.
- For more information on gym programming email Heidi White at hwhite@ymca-portland.org or phone (360) 258-3844.

GYM SCHEDULE MAY CHANGE TO MEET THE NEEDS OF
THE COMMUNITY & PROGRAMS OFFERED BY THE CLARK COUNTY FAMILY YMCA

Definitions:

- Open Gym: Free flowing recreation time. All are welcome and activities will change according to the population present at the time.
- Open Climb: For certified climbers only. Please see Membership staff for registering for a Rock Climbing class.
- Youth Basketball: Basketball for grades K-12. Must register through the YMCA in order to participate.
- Adult Basketball: Basketball for the 18 and over crowd (25 and over on Sat. mornings).
- Rookie Sports: For boys and girls ages 3-6, this introductory level program is offered every month with a different sports theme. Must register through the YMCA in order to participate.
- Family Indoor Playpark: Parent and children are welcome to interact together with foam filled equipment, balls and more.
- See a YMCA staff person for details on these and many other programs!*

Mt. Adams Court Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		
9-10 am	Baby Boot Camp 9-10:00 AM	Baby Boot Camp 9:30-10:45 AM	Baby Boot Camp 9-10:00 AM	Baby Boot Camp 9:30-10:45 AM	Baby Boot Camp 9-10:00 AM	YMCA Youth	
10-11 am	Home Choice 9:45-11:45 AM	Home Choice 10:45-12:45 PM			Home Link 10-12 PM	Basketball	
11 am-12 pm						Times vary	Open Gym
12-1 pm	Open Gym				Open Gym	Fall Season Oct 18-Dec 13th	
1-2 pm		Open Gym	Home Link 1-3 PM			No games Nov 29	
2-3 pm							
3-4 pm			Open Gym			Basketball	Futsal 3-7 pm
4-5 pm						Continues	
5-6 pm	Baby Boot Camp 5:30-6:30 PM		Rookie Sports 5:30-6:15	Set	Up	Open gym	
6-7 pm		Futsal 6-9 pm		YMCA Youth Basketball	YMCA Youth Basketball		
7-8 pm			Open Volleyball 7:00-9:30	5:30 pm— 10:00 pm	5:30 pm- 10:00 pm	Closed	Closed
8-10 pm				Fall Season Oct 16-Dec 11	Fall Season Oct 17-Dec 12		
				No games Nov 27	No games Nov 28		

Mt. Hood Court Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		Heart Wellness 8-9:15 AM		
9-10 am	Baby Boot Camp 9-10:00 AM	Baby Boot Camp 9:30-10:45 AM	Baby Boot Camp 9-10:00 AM	Baby Boot Camp 9:30-10:45 AM	Baby Boot Camp 9-10:00 AM	YMCA Youth	
10-11 am	Home Choice 9:45-11:45 AM	Home Choice 10:45-12:45 PM			Home Link 10 am -12:00 pm	Basketball	
11 am-12 pm						Times vary	Open Gym
12-1 pm	Open Gym				Open Gym	Fall Season Oct 18-Dec 13	
1-2 pm		Open Gym	Home Link 1-3 PM			No games Nov 29	
2-3 pm							
3-4 pm			Open Gym			Basketball	
4-5 pm						Continues	
5-6 pm	Baby Boot Camp 5:30-6:30 PM		Baby Boot Camp 5:30-6:30 PM	Set	Up		
6-7 pm				YMCA Youth Basketball	YMCA Youth Basketball		
7-8 pm				5:30—10:00 pm	5:30—10:00 pm	Closed	Closed
8-10 pm				Fall Season Oct 16-Dec 11	Fall Season Oct 17-Dec 12		
				No games Nov 27	No games Nov 28		