

# YMCA

## GYM SCHEDULE INFORMATION

- Open Climb Tuesday and Thursday 3:00-6:00 pm
- Volleyball Wednesday Night 7:00-9:30 PM
- Rookie Sports Wednesday Night 5:30-6:15 PM
- Birthday Parties Available Evenings and Weekends
- For more information on Birthday parties and facility rentals email Nikki Donathan at [ndonathan@ymca-portland.org](mailto:ndonathan@ymca-portland.org) or phone (360) 258-3829.
- For more information on gym programming email Heidi White at [hwhite@ymca-portland.org](mailto: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 ages 5 and above. 1 climber on the wall at a time. No more than 5 climbers in the Rockwall area at a time.

Volleyball: Open Volleyball on Mt Adams court and Family Volleyball on Mt Hood court every Wednesday evening.

Youth Basketball League: Basketball for grades K-12. Must register through the YMCA in order to participate.

Teen Basketball: Basketball for the 16-25 year old crowd. Non-Members welcome to participate at 50% off the day pass fee.

Adult Basketball: Basketball for the 25 and over crowd. Non-Members welcome to participate at 50% off the day pass fee.

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.

*See a YMCA staff person for details on these and many other programs!*

**THANKS..... AND ENJOY YOUR YMCA EVERYDAY!**

(revised 1/3/2011)

Facility Hours 5am-10pm M-Th, 5am-9pm Fri. 7am-6pm Sat.  
and 12am-5pm Sun. unless otherwise noted on the schedule

## 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 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		
9-10 am	Open Gym 8:30 - 9:45 am		Open Gym 8:30 - 12:45 pm		Open Gym 8:30 - 9:45 am		
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM			Home Link 10-12 PM	Open Gym	
11 am-12 pm	Open Gym Jan.17th and Feb. 21st						
12-1 pm	Open Gym						Open Gym
1-2 pm							
2-3 pm			Open Gym				
3-4 pm							
4-5 pm		Teen Basketball under 25	Rookie Sports				
5-6 pm			5:30-6:15				
6-7 pm			Open Volleyball 7:00-9:30	YMCA Youth Basketball	YMCA Youth Basketball	Closed	Closed
7-8 pm				League Games Jan. 28-March 5th	League Games Jan. 28-March 5th		
8-9 pm							
9-10 pm							

## 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	
8-9 am	Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am		Heart Wellness 8:00 - 8:30 am	25 and up	
9-10 am	Open Gym 8:30 - 9:45 am		Open Gym 8:30 - 12:45 pm		Open Gym 8:30 - 9:45 am		
10-11 am	Home Choice 9:45-12:00 PM	Home Choice 10:45-1:00 PM			Home Link 10-12 PM		
11 am-12 pm	Open Gym Jan.17th and Feb. 21st						
12-1 pm	Open Gym	Open Gym	Home Link 1-3 PM		Open Gym		Open Gym
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm		Teen Basketball	Open Gym				
5-6 pm							
6-7 pm				YMCA Youth Basketball	YMCA Youth Basketball	Closed	Closed
7-8 pm				League Games Jan. 28-March 5th	League Games Jan. 28-March 5th		
8-9 pm						Rev. 1/3/2011	
9-10 pm							