



**Gym Schedule**  
**Courts 1 & 2 @ Harrison Family YMCA**  
 May 28th - August 23rd

1000 Independence Drive  
 Rocky Mount, NC 27804  
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>9am</b>	<b>Open Play</b> Gym Monitor 9am - 12pm	<b>Open Play</b> Gym Monitor 9am - 12pm	<b>Open Play</b> Gym Monitor 9am - 12pm	<b>Open Play</b> Gym Monitor 9am - 12pm	<b>Open Play</b> Gym Monitor 9am - 12pm		
<b>12pm</b>	<b>Open Play</b> Gym Monitor 12pm - 2pm	<b>Open Play</b> Gym Monitor 12pm - 2pm	<b>Open Play</b> Gym Monitor 12pm - 2pm	<b>Open Play</b> Gym Monitor 12pm - 2pm	<b>Open Play</b> Gym Monitor 12pm - 2pm		
<b>1pm</b>	<b>Y Programming</b> Gym Monitor 1pm - 2pm	<b>Y Programming</b> Gym Monitor 1pm - 2pm	<b>Y Programming</b> Gym Monitor 1pm - 2pm		<b>Y Programming</b> Gym Monitor 1pm - 2pm		
<b>2pm</b>	<b>Open Play</b> Gym Monitor 2pm - 3pm	<b>Open Play</b> Gym Monitor 2pm - 4pm	<b>Open Play</b> Gym Monitor 2pm - 4pm	<b>Open Play</b> Gym Monitor 2pm - 4pm	<b>Open Play</b> Gym Monitor 2pm - 4pm		
	<b>Open Play</b> Gym Monitor 2pm - 4pm						
<b>4pm</b>	<b>Open Play</b> Gym Monitor 4pm - 6pm	<b>Open Play</b> Gym Monitor 4pm - 6pm	<b>Open Play</b> Gym Monitor 4pm - 6pm	<b>Open Play</b> Gym Monitor 4pm - 6pm	<b>Open Play</b> Gym Monitor 4pm - 6pm		
	<b>Y Programming</b> Gym Monitor 4pm - 5pm	<b>Y Programming</b> Gym Monitor 4pm - 5pm			<b>Y Programming</b> Gym Monitor 4pm - 5pm		
<b>6pm</b>	<b>Open Play</b> Gym Monitor 6pm - 9pm	<b>Open Play</b> Gym Monitor 6pm - 9pm	<b>Open Play</b> Gym Monitor 6pm - 9pm	<b>Open Play</b> Gym Monitor 6pm - 9pm	<b>Open Play</b> Gym Monitor 6pm - 9pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

**Open Play - Court is open to anyone who wishes to play. Sessions lasting two hours will begin at 12pm every weekday. The gym will be cleared after each session for the next group to play. Sign in for each session is required.**

**Y Programming - Used for YMCA Programming needs. Court 1 may still be available. Check with the Gym Monitor.**



**Gym Schedule**  
**Family Basketball Gym @ Harrison Family YMCA**  
 May 28th - August 23rd

1000 Independence Drive  
 Rocky Mount, NC 27804  
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am				<b>Pickleball</b> Sharon Simons 8am - 3pm			
9am	<b>Y Programming</b> Gym Monitor 9am - 10am	<b>Y Programming</b> Gym Monitor 9am - 10am	<b>Y Programming</b> Gym Monitor 9am - 10am		<b>Y Programming</b> Gym Monitor 9am - 10am		
10am	<b>Y Programming</b> Gym Monitor 10am - 11am	<b>Y Programming</b> Gym Monitor 10am - 11am	<b>Y Programming</b> Gym Monitor 10am - 11am		<b>Open Play</b> Gym Monitor 10am - 2pm		
11am	<b>Y Programming</b> Gym Monitor 11am - 12pm	<b>Y Programming</b> Gym Monitor 11am - 12pm	<b>Y Programming</b> Gym Monitor 11am - 12pm				
12pm	<b>Open Play</b> Gym Monitor 12pm - 1pm	<b>Open Play</b> Gym Monitor 12pm - 4pm	<b>Open Play</b> Gym Monitor 12pm - 4pm				
1pm	<b>Y Programming</b> Gym Monitor 1pm - 7:30pm						
2pm					<b>Y Programming</b> Gym Monitor 2pm - 5pm		
3pm				<b>Open Play</b> Gym Monitor 3pm - 9pm			
4pm		<b>Y Programming</b> Gym Monitor 4pm - 7:30pm	<b>Y Programming</b> Gym Monitor 4pm - 5pm				
5pm			<b>Open Play</b> Gym Monitor 5pm - 9pm		<b>Open Play</b> Gym Monitor 5pm - 9pm		
7pm	<b>Open Play</b> Gym Monitor 7:30pm - 9pm	<b>Open Play</b> Gym Monitor 7:30pm - 9pm					

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**Y Programming - Used for YMCA Programming needs.**