



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 AM	SHOOT AROUND	SHOOT AROUND	SHOOT AROUND	SHOOT AROUND	SHOOT AROUND	SHOOT AROUND	
5:00 AM							
6:00 AM							
7:00 AM	TAI CHI	TAI CHI	TAI CHI				
7:30 AM							
8:00 AM	YOGA	KID ZONE	INSANITY	KID ZONE	YOGA		
9:00 AM	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS		
10:00 AM	PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL		
11:00 AM							
12:00 PM	SPORTS CAMP	SPORTS CAMP	SPORTS CAMP	SPORTS CAMP	PICK UP GAMES AGES 12+		
1:00 PM							
2:00 PM							
3:00 PM	KID ZONE AGE 6-12	HOMESCHOOL P.E.	KID ZONE AGE 6-12	HOMESCHOOL P.E.	SHOOT AROUND		
4:00 PM	SHOOT AROUND	PICK UP GAMES AGES 12+	SHOOT AROUND	PICK UP GAMES AGES 12+			
5:00 PM							
6:00 PM	ZUMBA						
7:00 PM	SHOOT AROUND						
8:00 PM							
9:00 PM							

**\*Schedule is subject to change**

**T.W. DAVIS FAMILY YMCA**  
911 Thompson Hwy, Richmond, TX 77469  
281-341-0791 ymcahouston.org

**Shoot-around** means that no cross court games can be played while people are waiting and at least one goal must be for shooting only. TheYMCA has the right to reserve all three goals for shooting based on size of group.

**\*\*Must be 12+ or accompanied by a parent for shoot around. Members under the age of 12 are unable to participate in pick up games.**



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.