



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Fairfax County Reston GYM SCHEDULE

Sept 2017

Facility Hours

Mon-Fri 5:00 am – 10:00 pm
Sat 7:00 am – 9:00 pm
Sun 8:00 am – 8:00 pm

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|--|
| 5:00 – 8:00 am Open Gym (Full Court) | 5:00 – 8:00 am Open Gym (Full Court) | 5:00 – 8:00 am Open Gym (Full Court) | 5:00 – 8:00 am Open Gym (Full Court) | 5:00 – 8:00 am Open Gym (Full Court) | 7:00 – 8:00 am Open Gym (Full Court) | 8:00 – 2:00 pm Open Gym (Full Court) |
| 8:00 – 12:00 pm* Preschool Sports | 8:00 – 12:00 pm* Preschool Sports | 8:00 – 12:00 pm* Preschool Sports | 8:00 – 12:00 pm* Preschool Sports | 8:00 – 12:00 pm* Preschool Sports | 8:00 – 2:00 pm* Youth Sports (Full Court) | 2:00PM-8:00PM Open Gym (Full Court) |
| 8:00-12:00pm Child Watch | 8:00-12:00 pm Child Watch | 8:00-12:00 pm Child Watch | 8:00-12:00 pm Child Watch | 8:00-12:00 pm Child Watch | | |
| 12:00 – 2:00 pm Adult Afternoon Basketball (Full Court) | 12:00 – 2:00 pm Adult Afternoon Basketball (Full Court) | 12:00 – 2:00 pm Adult Afternoon Basketball (Full Court) | 12:00 – 2:00 pm Adult Afternoon Basketball (Full Court) | 12:00 – 2:00 pm Adult Afternoon Basketball (Full Court) | 2:00-9:00 pm Open Gym (Full Court) | |
| 2:00 – 2:30 pm Open Gym (Full Court) | 2:00 – 2:30 pm Open Gym (Full Court) | 2:00 – 2:30 pm Open Gym (Full Court) | 2:00 – 2:30 pm Open Gym (Full Court) | 2:00 – 2:30 pm Open Gym (Full Court) | | |
| 2:30 – 3:30 pm* Preschool (Full Court) | 2:30 – 3:30 pm* Preschool (Full Court) | 2:30 – 3:30 pm* Preschool (Full Court) | 2:30 – 3:30 pm* Preschool (Full Court) | 2:30 – 3:30 pm* Preschool (Full Court) | | |
| 3:30 – 6:30 pm* After School Care | 3:30 – 6:30 pm* After School Care | 3:30 – 6:30 pm* After School Care | 3:30 – 6:30 pm* After School Care | 3:30 – 6:30 pm* After School Care | | |
| 4:00 – 8:00 pm Child Watch | 4:00 – 8:00 pm Child Watch | 4:00 – 8:00 pm Child Watch | 4:00 – 8:00 pm Child Watch | 4:00 – 8:00 pm Child Watch | | |
| 6:30-8:00 pm Open Gym (Half Court) | 6:30-8:00 pm Open Gym (Half Court) | 6:30-8:00 pm Open Gym (Half Court) | 6:30-8:00 pm Open Gym (Half Court) | 6:30-8:00 pm Open Gym (Half Court) | | |
| 8:00-10:00 pm Open Gym (Full Court) | 8:00-10:00 pm Adult Evening Basketball (Full Court) | 8:00-10:00 pm Open Gym (Full Court) | 8:00-10:00 pm Adult Evening Basketball (Full Court) | 8:00-10:00 pm Adult Evening Basketball (Full Court) | | |

Open Gym may be used by any member or guest. Please be respectful and caring of others who wish to share the space. No full court games allowed. Open Gym may be cancelled without prior notice if YMCA programming dictates.

Afternoon Basketball/Evening Basketball/ Evening Volleyball is available for full court pickup games for members and guests (ages 16+). All skill levels are welcomed.

Child Watch is available to members; on the back half of the gym; Monday-Friday

* indicates programs in which only registered members (in program/class/league) may participate.

*Please note that the YMCA reserves the right to alter and update this schedule at any time for different programs and branch events. We appreciate your flexibility! © Thanks for your support!