



SEBRING LEWIS CENTER February 20-26

revised 2-19

NO		SCHOOL		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
5	North	South	North	South	North	South	North	South	North	South	North	South	North	South	5	
6		OPEN 5-6a Basic Training 6-7a		OPEN 5-6a MITLI 6-7a		OPEN 5-6a Basic Training 6-7a		OPEN 5-6a MITLI 6-7a		OPEN 5-6a Basic Training 6-7a					6	
7		OPEN GYM 7a-9:30a	OPEN GYM 5-10:30a	OPEN GYM 5a-8:30a		OPEN GYM 7a-8:30a		OPEN GYM 5a-10:30a		OPEN GYM 6a-8:30a		OPEN GYM 6:00-10:00a	OPEN GYM 6:00-8:30a	OPEN GYM 7-9:30a	OPEN GYM 7-9a	7
8	OPEN GYM 5-12:15p	Set Up		CC GYM Lions		CC GYM Caterpillars		CC GYM Caterpillars		CC GYM Toddler		Set Up	Set Up			8
9		Family Fun Gym 10:00-12:00pm	Body Shaping 10:30-11:30a	Toddler Play Time		Flying Fish		Body Shaping 10:30-11:30		Preschool Gym		TWD 10:30-11:30p	YOUTH BASKETBALL LEAGUE 9:00-4:00p	Zumba 9:30-10:30a	FAMILY FUM GYM 9:30-11:00p	9
10			OPEN GYM 11:30-5:30p	Cheetahs		Toddler Play Time				Eagles		Take Down		OPEN 9:30-10:30a		10
11			OPEN GYM 12:30-4:30p	Butterflies		Fireflies				Lady Bugs		YOUTH BASKETBALL LEAGUE 12:00-5:00p		GYM 10:30-3:45p	Gym Party 11-12p	11
12				Take down		Take down				Take down					Set Up	12
1	High School Open Gym 12:15-4:30p	Middle School Open Gym 12:15-4:30p													Gym Party 12:30-1:30p	1
2															Set Up	2
3															Gym Party 2:30-3:30p	3
4															Take Down	4
5		Schools Out 4:30-5:30p		Schools Out 4:30-5:30p		Schools Out 4:30-5:30p									ADULT SOCCER LEAGUE 4-8p	5
6	OPEN GYM 4:30-9p	NSA VOLLEYBALL 5:30-10:00p	Y BB Practice 5:30-7:00p	NSA VOLLEYBALL 5:30-9:30p		NSA VOLLEYBALL 5:30-9:00p		NSA VOLLEYBALL 5:30-10:00p		TKD Tiger Cubs 5:15-6p					ADULT SOCCER LEAGUE 4-8p	6
7			OPEN GYM 7:00-9:00p							Teen & Adult 7:15-8:45p	Y BB Practice 6:30-8p	Y BB Practice 6:30-8p				7
8			Adult Open 9:00-10:00p	Take Down		Adult Open 9:00-10:00p		Adult Open 9-10p		Take Down	OPEN GYM 8-9p	OPEN GYM 8-9p				8
9	Adult Open 9:00-10:00p										Adult Open 9-10p	Adult Open 9-10p				9

Schedule subject to change. Updated information at www.mcgawymca.org
Youth under the age of 11 must be accompanied by an adult

