ALL SPORT FISHKILL
HEALTH & FITNESS CLUB
www.allsportfishkill.com

2009 Gym Schedule

Effective Fall 2009

896-5678

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:00 AM – 7:00 PM	OPEN GYM 5:00 AM – 7:00 PM	OPEN GYM 5:00 AM– 5:30 PM	OPEN GYM 5:00 AM – 7:00 PM	OPEN GYM 5:00 AM – 5:30 PM	OPEN GYM 7:00– 8:45 AM	OPEN GYM 7:00– 9:00 AM
					Tumbling & Gymnastics 8:45 - 10:15 AM	Adult (16 yrs. +) Pick-up Basketball 9:00 AM – 12:00 NOON
					Sports Mix 10:00-12:00pm (1/2 gym in use)	
					$ Birthday Parties $ 12:00 – 8:00 PM (1/2 gym in use, only when a party is booked)	$ Birthday Parties $ Noon – 6:30 PM (1/2 gym in use, only when a party is booked)
				Birthday Parties 4:30-5:30PM (1/2 gym in use, only when a arty is booked)		OPEN GYM Noon– 7:00 PM
Adult (16 yrs. +) Pick-up Basketball Games 7:00 – 10:30 PM	Open Volleyball 7:00-9:00 pm (1/2 gym in use)	Youth Basketball 5:30-8:30PM (1/2 gym in use)	Pick-Up Soccer Games 7:00-9:00 pm (1/2 gym in use)	Sports Mix 5:30 – 7:30 PM (1/2 gym in use),	OPEN GYM 1:30 PM – 8:00 PM	
	Open Gym 9:00-10:30 PM	Adult (16 yrs. +) Pick-up Games 8:30 – 10:30 PM	Open Gym 9:00-10:30 PM	OPEN GYM 7:30 PM 10:30 PM		

KEY

- 1/2 Gym in use
- Entire Gym in use
- Open Gym
- Gym Closed

*Schedule subject to change without notification. Please see reverse side for more information on programs and activities.