

# HEALTHY LIVING

## Malden YMCA Gym 1 Schedule



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Open	Open	Open	Open	Open	Open	Open
6:30-7:30am							
7:30-8:30am							
8:30-9:30am							
9:30-10:30am							
10:30-11:30am	Preschool (10:30-12pm)	Preschool (10-12pm)	Preschool (10-12pm)	Preschool (10-12pm)	Preschool (10-12pm)	Open	Open
11:30-12:00pm							
12:00-1:00pm	Open	Open	Open	Open	Open		
1:00-2:00pm							
2:00-3:00pm	SACC	SACC	SACC	SACC	SACC		
3:00-4:00pm							
4:00-5:00pm							
5:00-5:30pm							
5:30-6:00pm						Open	Open
6:00-7:00pm	Zumba (6:15-7:15pm)	Zumba Kids Handball Court (6-7pm)	Zumba (6:15-7:15pm)	Open			
7:00-7:30pm	Open	Open	Men's Basketball League	Closes 7:45pm			
7:30-8:00pm	Open						
8:00-9:00pm		Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm		
9:00-9:45pm							

\*Schedule is subject to change  
\*\*Updated September 1<sup>st</sup>, 2019

**Youth & Government**  
Learn how government works, be a better citizen of the community, have fun! Contact Karen Gately at 781-324-7680x217

# HEALTHY LIVING

## Malden YMCA Gym 2 Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Open	Open	Open	Open	Open	Open	Open
6:30-7:30am							
7:30-8:30am							
8:30-9:30am							
9:30-10:00am							
10:00-11:00am	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Youth Programs (9am-1pm)	Open
11:00-12:00pm							
11:30-12:00pm							
12:00-1:00pm	Open	Open	Lunchtime Basketball (12:15-1:30pm)	Youth Programs (12-2pm)	Lunchtime Basketball (12:15-1:30pm)	Open	Family Gym
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-4:30pm							
4:30-5:30pm	Youth Programs (4:30-7pm)	Youth Programs (6:00-7:30pm)	Youth Programs (6:30-7:15pm)	Youth Programs (4:15-7pm)	Youth Programs (4:15-7:30pm)	Open	Closes 5:45pm
5:30-6:00pm							
6:00-7:00pm							
7:00-7:30pm	Open	Open	Pick-up Volleyball (7:30-9:45pm)	Men's Basketball League	Open	Closes 7:45pm	Closes 7:45pm
7:30-8:00pm							
8:00-9:00pm							
9:00-9:45pm							
Closes 9:45pm							

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 \*\*Updated September 1<sup>st</sup>, 2019

For information on Youth Programs, Gym Rentals, Playgroup, and Family Gym, see Program Guide