



Family Gym @ Fond du Lac Family YMCA
September 23rd - October 18th

90 W 2nd St
FOND DU LAC, WI 54935
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5am - 11am	Pick up ball 5am - 7am	Open Gym 5am - 9am	Pick up ball 5am - 7am	Open Gym 5am - 11am		
6am						Open Gym 6am - 5:45pm	
7am		Open Gym 7am - 8:30am		Open Gym 7am - 9:45pm			
8am		Preschool 8:30am - 11:30am					
9am			Preschool 9am - 11am				Open Gym 9am - 11am
11am	Noon Ball 11am - 1pm	Open Gym 11:30am - 1:30pm	Noon Ball 11am - 1pm		Noon Ball 11am - 1pm		Noon Ball 11am - 12pm
12pm							Open Gym 12pm - 3:45pm
1pm	Open Gym 1pm - 9:45pm	Home School Phy Ed 1:30pm - 3:30pm	Open Gym 1pm - 4pm		Open Gym 1pm - 9:45pm		
4pm		Open Gym/Step, Rep & Prep 4pm - 6pm	High School Basketball League 4pm - 6pm				
6pm		Open Gym 6pm - 9:45pm	Open Gym 6pm - 9:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.