



# CRABTREE GYMNASIUM SEPTEMBER/OCTOBER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
7:00 AM	OPEN GYM		OPEN GYM		OPEN GYM		Building		
8:00 AM	TO 8:30am	Open	CARDIO CIRCUITS	TO 8:30am	Open	CARDIO CIRCUITS	TO 8:30am	Open	Closed
9:00 AM	Full Body Workout	Basketball	Full Body Workout	Full Body Workout	Basketball	ZUMBA 9:00AM	Full Body Workout	Basketball	ZUMBA 8:45AM
10:00 AM	ZUMBA 10:00 AM		PICKLE		ZUMBA 10:00 AM		PICKLE		OPEN
11:00 AM	To 11:15 AM				To 11:15 AM				
	Open Gym		Open Gym		Open Gym		Open Gym		
12:00 PM			BALL				BALL		
1:00 PM	PICKLE	ADULT	OPEN	PICKLE	ADULT	OPEN	ADULT		GYM
2:00 PM		VOLLEY	PLAY		VOLLEY	PLAY	VOLLEY		OPEN
3:00 PM	BALL	BALL	BASKETBALL	BALL	BALL	BASKETBALL	BALL		PLAY BASKETBALL
4:00 PM	Open Gym		Open Gym		Open Gym		GYM		GYM CLOSING AT 4:45 PM
			TO 4:45pm				CLOSED		Building
5:00 PM			YOUTH MARTIAL ARTS			YOUTH MARTIAL ARTS	TO 6:15pm		
6:00 PM			ZUMBA At 6:15pm			ZUMBA At 6:15pm	Building		
7:15 PM			Open Gym	BEGINS At 7:15pm PICKLE		Open Gym	BEGINS At 7:15pm PICKLE	↓	
8:00 PM	TO 8:45pm		TO 8:45pm	BALL	TO 8:45pm	TO 8:45pm	BALL	Closed	

**GYM RULES: NO FOOD, DRINKS, OR GUM ALLOWED IN THE GYM.**

**NO DUNKING OR HANGING ON ANY GOALS.**

**NO CURSING, USING PROFANITY, FIGHTING AND ARGUING.**

**UNDERGARMENTS MUST BE COVERED AT ALL TIMES.**

**EXCESSIVE ARGUING AND FIGHTING WILL RESULT IN THE GYM BEING CLOSED FOR REMAINDER OF THE EVENING.**

◆ 1004 Crabtree Lane MYRTLE BEACH, SC (843) 918-2355 ◆

*” If you would like to participate in these activities and need disability related accommodations, contact Robert Cardella Center Supervisor@918-2359”*

*“We Create Community through People, Parks and Programs”*