

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	Youth Program (8:50-10:10)	Open	Open	Open	Open	Open	Open	
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	Open	Open	
1:00-2:00pm								
2:00-3:00pm	SACC	SACC	SACC	SACC	SACC	Private Rentals (12-6pm)	Open	
3:00-4:00pm								
4:00-5:00pm								
5:00-5:30pm								
5:30-6:00pm	Open	Open	Open	Open	Open	Open	Closes 5:45pm	
6:00-7:00pm		Zumba (6:15-7:15pm)	Family Dance Party (6-7pm)	Zumba (6:15-7:15pm)				
7:00-7:30pm		Men's Basketball League	Open	Men's Basketball League				
7:30-8:00pm								
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 November 1st, 2018

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)	Family Gym
11:00-12:00pm							
11:30-12:00pm	Open	Open	Lunchtime Basketball (12:15-1:30pm)	Open	Lunchtime Basketball (12:15-1:30pm)	Open	Open
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-4:30pm	Youth Programs (4:30-7pm)	Youth Programs (3:30-4:30pm)	Open	Youth Programs (4:15-7pm)	Youth Programs (4:15-7:15pm)	Open	Closes 5:45pm
4:30-5:30pm							
5:30-6:00pm							
6:00-7:00pm	Open	Men's Basketball League	Youth Programs (6:30-7:15pm)	Open	Open	Closes 7:45pm	Closes 7:45pm
7:00-7:30pm							
7:30-8:00pm							
8:00-9:00pm							
9:00-9:45pm							
	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm		

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 **Updated November 1st, 2018

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