

Bangor Y Cole Gymnasium Schedule

Hammond Street
Valid Sept 12-Oct 30

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am							
6:00 am	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
6:30 am	1/2 Gym and Open 1/2 Gym	Open Gym 5:30-11:00	1/2 Gym and Open 1/2 Gym	Open Gym 5:30-9:30	1/2 Gym and Open 1/2 Gym		
7:00 am							
7:30 am							
8:00 am	5:30-9:30		5:30-9:30		5:30-9:30		
8:30 am							
9:00 am							
9:30 am							
10:00 am	Pulmonary Rehab 1/2 Gym 9:30-11		Open Gym 9:30-11	Pulmonary Rehab 1/2 Gym 9:30-11	Open Gym 9:30-11		
10:30 am							
11:00 am	Adult Pickup Basketball #1 11-12:30	Adult Pickup Basketball #1 11-12:30	Adult Pickup Basketball #1 11-12:30	Adult Pickup Basketball #1 11-12:30	Adult Pickup Basketball #1 11-12:30		
11:30 am							
12:00 pm						Open Gym 7:30 am-6:00 pm	Open Gym 10:00 am-4:00 pm
12:30 pm	Adult Pickup Basketball #2 12:30-2	Adult Pickup Basketball #2 12:30-2	Adult Pickup Basketball #2 12:30-2	Adult Pickup Basketball #2 12:30-2	Adult Pickup Basketball #2 12:30-2		
1:00 pm							
1:30 pm							
2:00 pm	Open Gym 2:00-4:00	Open Gym 2:00-4:00	Open Gym 2:00-4:00	Open Gym 2:00-4:00	Open Gym 2:00-4:00		
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Childcare 4:00-4:55	Childcare 4:00-4:55	Childcare 4:00-4:55	Childcare 4:00-4:55	Childcare 4:00-4:55		
4:30 pm							
5:00 pm							
5:30 pm	All Star Basketball Clinics 5:00-7:30		3 on 3 Basketball 5:00-8:00				
6:00 pm		Open Gym 5:00-10:00		Open Gym 5:00-10:00	Open Gym 5:00-10:00		
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm	Open Gym 7:30-10:00		Open Gym 8:00-10:00				
8:30 pm							
9:00 pm							
9:30 pm							
10:00pm							

Gym Schedule is subject to change without notice. Please call daily for the most updated gym schedule. View our facility schedules on www.bangorY.org. Rent our Second St Gym. Call Marie Stewart or Lance Cote for details.



Bangor Y
YMCA and YWCA of Greater Bangor
127 Hammond Street and 17 Second Street
Bangor ME 04401
207-941-28125 and 207-941-2808

Bangor Y 2nd St Gymnasium Schedule

2nd Street
Valid Sept 4-Oct 30

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun					
5:30 am	<h2>Y - Works</h2> <p>6:00-9:00 am</p>											
6:00 am												
6:30 am												
7:00 am												
7:30 am												
8:00 am	<h2>Y - Works</h2> <p>2:00-6:00 pm</p>											
8:30 am												
9:00 am												
9:30 am												
10:00 am												
9:00 am	D. House 9:00-9:30	Wing Park 9:00-10:15		D. House 9:00-9:45		Open Gym 8:00-12:30						
9:30 am					D. House 9:30-10:30							
10:00 am	Wing Park 10:00-11:00		Cardio Baby 10:15-11:00	Cardio Baby 10:15-11:00								
10:30 am												
11:00 am												
11:30 am	Open Gym 11:00-12:30	Open Gym 11:00-12:30	Open Gym 9:00-12:30	Open Gym 11:00-2:00	Open Gym 10:30-2:00							
12:00 pm												
12:30 pm												
1:00 pm	RLE Rental 12:30-1	PVI Rental 12:30-1:30	PVI Rental 12:30-1:30									
1:30 pm												
2:00 pm	<h2>Y - Works</h2> <p>2:00-6:00 pm</p>											
2:30 pm												
3:00 pm												
3:30 pm												
4:00 pm												
4:30 pm												
5:00 pm												
5:30 pm												
6:00 pm												
6:30 pm												
7:00 pm												
7:30 pm												
8:00 pm												
8:30 pm												
9:00 pm	Open Gym 6:00-9:00	Open Gym 6:00-9:00	Open Gym 6:00-9:00	Open Gym 6:00-9:00	Open Gym 6:00-7:00							
6:30 pm												
7:00 pm												
7:30 pm												
8:00 pm												
8:30 pm												
9:00 pm												

Gym Schedule is subject to change without notice. Please call daily for the most updated gym schedule. View our facility schedules on www.bangorY.org
Rent our Second St Gym. Call Marie Stewart or Lance Cote for details.



Bangor Y
YMCA and YWCA of Greater Bangor
127 Hammond Street and 17 Second Street
Bangor ME 04401
207-941-2815 and 207-941-2808