

**YMCA Nationals Work Out Times and Rotations
 Tuesday June 22, 2010
 All Gyms are Located in One Room**

Level 7 Balboa Gym	7:30 AM	8:30 AM	9:30 AM	10:30 AM
Vault	YMCA Angels State Line Westport	Rite Hite YMCA Lakeshore Bradford Mt. Vernon Upperbucks Upper Main	Powel Crosley Dalton Door County Parkwood Glastonbury	Palomar Y South Bay Old Town Brandywine York Livonia
Bars	Lakewood WA North Canton Greater Toledo	Northshore Hanover Alliance	Greensburg Morgan Family Watertown Stevens Pine Franklin	Northeast Mission Valley Birmingham Lakewood CA
Beam	Hockomock Kettering Valdosta	Saratoga Wilton Y Brookville	Lancaster Islands S. Mountain Bucyrus Haverhill	Goffstown Fond Du Lac Waukesha Woodson Green Bay
Floor	Darien Madison Hatboro	Phoenixville Champaign Cnty	Fox Valley Mel Korum Sidney Shelby Michiana Cortland	Cameron Oil City Prescott

Level 8/9
Coronado Gym
Vault

7:30 AM

Hanover
Wilton
Saratoga
Mt. Vernon
Champaign
Alliance

8:30 AM

Madison

9:30 AM

Cameron
Goffstown
Woodson
Lakewood CA
Oil City
Prescott
Green Bay

10:30 AM

Greenfield
Sarasota
Rancho Y
S. Mountain
Sandusky
Door Cnty
Great Miami
Greensburg

Bars

YMCA Lakeshore
Brookville
Upper Main
Bradford

Darien

Brandywine
Fond Du Lac
York

Newport
Racine
Country Side
Fox Valley

Beam

Phoenixville
Upper Bucks

Lakewood WA
Hatboro

La Crosse
South Bay
Waukesha
Livonia

Moultrie
Main Line
Stevens Pointe
Michiana

Floor

Northshore
Rite Hight

Greater Toledo
North canton

Marbelhead
Mission Valley
Old Town Oro
Palomar Y
Birmingham

Fanwood
Licking County

Boys
Pacific Gym
Vault

Tues 8:00 AM

Champaign Cnty

Hatboro
Metro - Washington
North Canton
Prescott Y

P-Bars

Hanover
Lakeshore Y

Pommel

Lakewood CA
Geater Toledo

Floor

Mission Valley

Prep Opt
Pacific Gym
Vault

Tues 9:00

Bradford Family
Mt. Vernon
Brandy Wine
Haver Hill
Green Bay

Bars

Door County
S. Oakland
Glastonbury
State line
Greater Toledo
Hatboro
Parkwood

Beam

Kettle Moraine
Franklin
Oldtown Orono
Upper Bucks
Powel Crosley
Northeast Family

Floor

Kettering
Lancaster Y
North Canton
Lakeshore
Mainline
Metro -Washtn.