

GYM SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2016 (schedule valid October 22-December 9)

Gym Rules

- No food or drink allowed in the gym.
- Gym bags and other personal belongings are not to be brought into the gym. Please secure your personal belongings in a locker while at the Y.
- Children under age 8 must be accompanied and supervised by an adult.
- No dunking or grabbing on the rims or nets at any time.
- Proper athletic attire and non-marking athletic shoes must be worn at all times.
- Please return all basketballs to the ball rack when finished playing.
- No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.
- Be respectful of others by refraining from the use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and unsportsman-like conduct.
- Full court basketball is not permitted during Open Gym times.
- All competitors, of any age or skill level, are allowed an equal opportunity for gym use and to become involved in any activities taking place during Open Gym times.
- The Y is not responsible for personal injury, or for lost, damaged or stolen items.
- Report all injuries to a staff member on duty.
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.

Family Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-11:00a OPEN GYM	5:00a-7:00a PICK UP BALL	5:00a-11:00a OPEN GYM	5:00a-7:00a PICK UP BALL	5:00a-11:00a OPEN GYM	6:00a-7:45p OPEN GYM	9:00a-11:00p OPEN GYM
11:00a-1:00p NOON BALL	7:00a-1:30p OPEN GYM	11:00a-1:00p NOON BALL	7:00a-5:00p OPEN GYM	11:00a-1:00p NOON BALL	7:45a-12:00p YOUTH BASKETBALL	11:00a-12:00p NOON BALL
1:00p-9:45p OPEN GYM	1:45p-3:30p HOMESCHOOL PHY ED	1:00p-4:30p OPEN GYM	5:00p-7:00p Open (HALF) Youth Vball (HALF)	1:00p-9:45p OPEN GYM	12:00p-5:45p OPEN GYM	12:00p-3:45p FAMILY SUNDAY!
	3:45p-6:30p OPEN GYM	4:45p-6:30p YOUTH BASKETBALL	7:00p-9:45p OPEN GYM			
	6:45p-9:15p WOMEN'S VOLLEYBALL	6:30p-9:45p OPEN GYM				
	9:15p-9:45p OPEN GYM					

Community Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-6:30a OPEN GYM	5:00a-6:30a OPEN GYM	5:00a-6:30a OPEN GYM	5:00a-6:30a OPEN GYM	5:00a-6:30a OPEN GYM	6:00a-1:00p OPEN GYM	9:00a-12:00p OPEN GYM
6:30a-9:00a PICKLEBALL	6:30a-9:00a PICKLEBALL	6:30a-9:00a PICKLEBALL	6:30a-9:00a PICKLEBALL	6:30a-11:00a PICKLEBALL	1:00p-2:30p BIRTHDAY PARTIES (HALF) Open (HALF)	12:00p-3:45p FAMILY SUNDAY!
9:00a-11:30a FAMILY/ OPEN	9:00a-10:00a OPEN GYM	9:00a-11:00a FAMILY	9:00a-10:00a OPEN GYM	11:00a-3:30p OPEN GYM	2:30p-5:45p OPEN GYM	
11:30a-3:30p OPEN GYM	10:00a-12:00p AOA Class & AOA PICKLEBALL	11:00a-3:30p OPEN GYM	10:00a-12:00p AOA Class & AOA PICKLEBALL	3:30p-4:00p* Open (HALF) BGC (HALF)		
3:30p-4:00p* Open (HALF) BGC (HALF)	12:00p-3:30p OPEN GYM	3:30p-4:00p* Open (HALF) BGC (HALF)	12:00p-3:30p OPEN GYM	4:00p-6:00p* BGC ONLY		
4:00p-5:00p* JUST PLAY	3:30p-4:00p* Open (HALF) BGC (HALF)	4:00p-5:00p* JUST PLAY	3:30p-4:00p* Open (HALF) BGC (HALF)	6:00p-9:45p OPEN GYM		
5:00p-7:00p* Open (HALF) BGC (HALF)	4:00p-5:00p* JUST PLAY	5:00-7:00p* Open (HALF) BGC (HALF)	4:00p-5:00p* JUST PLAY			
7:00p-9:45p OPEN BADMINTON	5:00p-7:00p* Open (HALF) BGC (HALF)	7:00-9:45p OPEN GYM	5:00p-7:30p BGC (HALF) Cheer (HALF) Starting 11/3			
	7:00p-9:45p OPEN GYM		7:30p-9:45p OPEN GYM			

****OPEN GYM Age 8 and up. Ages 7 and under must be accompanied by an adult in the gym. NO ORGANIZED GAMES****

**The Y reserves the right to adjust the gym schedule at any time to meet program needs. **