



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM

Gym schedule effective through April 27

MONDAY

Time	Activity	Court
5:00am - 9:30am	Open Gym	1 & 2
9:30am - 10:30am	PMO	1 only
10:30am - 11:30am	TRX	2 only
11:30am - 4:30pm	Open Gym	1 & 2
4:30pm - 5:30pm	Kids Fitness	1 only
6:30pm—7:30pm	TRX	2 only
5:30pm—7:30pm	Open Gym	1
7:30pm—10:00pm	Open Gym	1 & 2

TUESDAY

Time	Activity	Court
5:00am - 9:30am	Open Gym	1 & 2
9:00am— 10:00am	TRX	2 only
9:30am - 10:30am	PMO	1 only
9:30am - 11:30am	Family Gym	2 only
11:30am - 4:15pm	Open Gym	1 & 2
4:15pm - 6:00pm*	Tumbling	1 only
6:15pm —7:15pm	TRX	2 only
6:00pm—8:00pm	Adult Basketball	1 only
8:00pm—10:00pm	Open Gym	1 & 2

WEDNESDAY

Time	Activity	Court
5:00am - 9:30am	Open Gym	1 & 2
9:30am - 10:30am	PMO	1 only
10:30am - 11:30am	Family Gym	1 only
10:30am - 11:30am	TRX	2 only
11:30am - 6:15pm	Open Gym	2
11:30am —4:15pm	Open Gym	1
4:30pm - 5:30pm	Kids Fitness	1 only
6:30pm—7:30pm	TRX	2 only
6:00pm - 8:00pm	Adult Basketball	1 only
8:00pm - 10:00pm	Open Gym	1 & 2

THURSDAY

Time	Activity	Court
5:00am - 9:30am	Open Gym	1 & 2
9:30am - 10:30am	PMO	1 only
10:30am—11:30am	TRX	2 only
11:30am - 5:45pm	Open Gym	1 & 2
4:15pm—5:45pm	Youth Cheer	1only
6:00pm —10:00pm	Open Gym	1 & 2

FRIDAY

Time	Activity	Court
5:00am - 6:30am	Open Gym	1 only
5:30am—6:30am	TRX	2 only
6:30am - 8:30am	Adult Basketball	1 & 2
8:30am - 10:00pm	Open Gym	1
6:00pm - 8:00pm	Adult Basketball	2

SATURDAY

Time	Activity	Court
7:00am - 6:00pm	Open Gym	1 & 2

SUNDAY

Time	Activity	Court
12:00noon - 2:00am	Family Gym	2 only
12:00noon - 2:00pm	Open Gym	1 only
2:00pm - 4:00pm	Adult Basketball	1 & 2
4:00pm - 6:00pm	Open Gym	1 & 2

Family Gym

No activities are schedule, but facility member families may play basketball or other gym games during this dedicated time.

Adult Gym

When numbers dictate, adult pickup basketball games will be played. Games can run full-court. Facility members ages 18 and older are welcome to join games.

Gym Guidelines & Open Gym Policies

- Proper athletic footwear must be worn (no marking shoes).
- Inappropriate behavior (foul language, fighting, arguing, intimidation, overly aggressive play, spitting, etc.) will not be tolerated. A player's inappropriate behavior will be subject to the suspension or termination of his/her membership from all Metro Atlanta YMCAs.
- Proper attire, including shirts, must be worn at all times.
- Hanging from the basketball rim is not allowed.
- Children under 13 must be accompanied by an adult at all times.
- Do not kick any ball while in the gym.
- No food or drinks allowed in the gym.

Pick-up Basketball Polices

- Games being played on half court will be played to 11 points, with all baskets equaling one point.
- Games being played on full court will be played to 20 points, using the three point line and regular scoring.
- 3 game limit for winning team if eight or more players are waiting to play on half court; ten or more players on the full court.
- At the start of games, players will shoot from the 3 point line to decide teams. First 4/5 to make it will be on team 1 and the second 4/5 to make it will be on team 2.
- The YMCA staff has the authority to ask any participant (member or guest) to leave the gym or revoke gym privileges for inappropriate behavior.

