



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Gymnasium

Effective: February 7, 2012 – May 24, 2012

## Ages

### Open Gym

All Ages

\*Children younger than 8 must be directly supervised by an adult, 18 years or older.

### Adult Gym

Ages 18+

## Contact

**Don Hardiman**

**Sports Director**

[lloydh@ymcaatlanta.org](mailto:lloydh@ymcaatlanta.org)

(770) 514-4360

## Gymnasium Rules

- No dunking, slamming or hanging from the rims/nets.
- No rough play and/or abusive/profane language or gestures.
- No fighting.
- Clean, non-marking soled shoes must be worn.
- No bare feet, sandals, street clothes or wet clothes.
- No food, gum or drinks (other than water).
- Do not kick the balls while in the gym.
- No dribbling outside of the gym.
- Intentional destruction of YMCA property will not be tolerated.
- We are not responsible for lost or stolen property.
- Proper attire must be worn and be suitable for a family oriented facility.
- Members are responsible for the behavior of your guests and must ensure they follow the posted guidelines.
- Good sportsmanship expected.

## Gymnasium Hours

### Monday

5:00am – 9:00am	OPEN GYM	A&B
9:00am – 11:30am	ADULT GYM	A&B
11:30am – 7:00pm	OPEN GYM	A&B
7:00pm – 9:45pm	ADULT LEAGUE	A&B

### Tuesday

5:00am – 9:00am	OPEN GYM	A&B
9:00am – 11:30am	ADULT GYM	A&B
11:30am – 7:00pm	OPEN GYM	A&B
7:00pm – 9:45pm	ADULT GYM	A
7:00pm – 9:45pm	OPEN GYM	B

### Wednesday

5:00am – 9:00am	OPEN GYM	A&B
9:00am – 11:30am	ADULT GYM	A&B
11:30am – 7:00pm	OPEN GYM	A&B
7:00pm – 9:45pm	ADULT GYM	A&B

### Thursday

5:00am – 9:00am	OPEN GYM	A&B
9:00am – 11:30am	ADULT GYM	A&B
11:30am – 6:00pm	OPEN GYM	A&B
6:00pm – 7:30pm	YOUTH VOLLEYBALL	B
7:30pm – 9:45pm	OPEN VOLLEYBALL	B
6:00pm – 9:45pm	OPEN GYM	A

### Friday

5:00am – 9:00am	OPEN GYM	A&B
9:00am – 10:15am	JUMP & ABS	A&B
10:15am – 6:00pm	OPEN GYM	A
5:00pm – 6:00pm	FUTSAL	B
6:00pm – 8:45pm	CLOSED (Volleyball)	A&B

### Saturday

8:00am – 11:00am	ADULT GYM	A&B
11:00am – 6:00pm	OPEN GYM	A&B

### Sunday

1:00pm – 5:45pm	CLOSED (Volleyball)	A&B
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