

MemberBenefits

McCleskey-East Cobb
YMCA

YGYMNASIUM**Schedule effective through February 28, 2010****MONDAY**

		Side
6:00-6:30 am	Open Gym	A & B
6:30-8:30 am	Breakfast-time Basketball	A & B
8:30 am-10:00 am	Open Gym	A & B
10:00 am-11:00 am	PlayCenter Activity	B only
10:00 am-11:00 am	Open Gym	A only
11:00 am-12:00 pm	Open Gym	A&B
12:00-1:30 pm	Businessmen's Basketball	A & B
1:30-3:00 pm	Open Gym	A & B
3:00-5:00 pm	Open Gym	A only
4:00-5:00 pm	PlayCenter Activity	B only
5:30-8:30 pm	Youth Basketball League	B only
5:00-9:45 pm	Family Open Gym	A only

TUESDAY

6:00 am-10:00 am	Open Gym	A & B
10:00 am-11:00 am	PlayCenter Activity	B only
10:00 am-11:00 am	Open Gym	A only
11:00 am - 12:00 pm	Open Gym	A&B
12:00-1:30 pm	Businessmen's Basketball	A & B
1:30-4:00 pm	Open Gym	A&B only
4:00-5:00 pm	PlayCenter Activity	B only
4:00-5:00 pm	Open Gym	A only
5:30-8:30 pm	Youth Basketball League	B only
5:00-9:45 pm	Family Open Gym	A only

WEDNESDAY

6:00-6:30 am	Open Gym	A & B
6:30-8:30 am	Breakfast-time Basketball	A & B
8:30 am-10:00 am	Open Gym	A & B
10:00 am-11:00 am	PlayCenter Activity	B only
10:00 am-11:00 am	Open Gym	A only
11:00 am-12:00 pm	Open Gym	A&B
12:00-1:30 pm	Businessmen's Basketball	A & B
1:30-4:00 pm	Open Gym	A & B
4:00-9:45 pm	Open Gym	A only
4:00-5:00 pm	PlayCenter Activity	B only
5:00-5:00 pm	Open Gym	A only
5:30-8:30 pm	Youth Basketball League	B only
5:00-9:45 pm	Family Open Gym	A only

THURSDAY

6:00 am-10:00 am	Open Gym	A & B
10:00 am-11:00 am	PlayCenter Activity	B only
10:00 am-11:00 am	Open Gym	A only
11:00 am - 12:00 pm	Open Gym	A&B
12:00-1:30 pm	Businessmen's Basketball	A & B
1:30-4:00 pm	Open Gym	A&B
4:00-5:00 pm	PlayCenter Activity	B only
4:00-5:00 pm	Open Gym	A only
5:30-8:30 pm	Youth Basketball League	B only
5:00-9:45 pm	Family Open Gym	A only

FRIDAY

		Side
6:00-6:30 am	Open Gym	A & B
6:30-8:30 am	Breakfast-time Basketball	A & B
8:30 am-10:00 pm	Open Gym	A & B
10:00 am-11:00 am	PlayCenter Activity	B only
10:00 am-11:00 am	Open Gym	A only
11:00 am-12:00 pm	Open Gym	A&B
12:00-1:30 pm	Businessmen's Basketball	A & B
1:30-3:00 pm	Open Gym	A & B
3:00-5:00 pm	Open Gym	A only
4:00-5:00 pm	PlayCenter Activity	B only
5:30-8:30 pm	Youth Basketball League	B only
5:00-8:45 pm	Family Open Gym	A only

SATURDAY

8:00 – 11:00 am	Family Open Gym	A only
9:00am-6:00 pm	Youth Basketball League	B only

SUNDAY

1:00-5:45 pm	Open Gym	A only
1:00-2:00 pm	Family Open Gym	B only
2:00-3:00 pm	PlayCenter Activity	B only
3:00-4:30 pm	Family Open Gym	B only
4:30-6:00 pm	Class	B only

Family Open Gym**OFFICAL GYM RULES**

Free time to shoot hoops or play pick-games with friends, for ages 6 & older. Youth under age 13 need to be accompanied by an adult. Basketballs provided.

Open Gym

When numbers dictate, pick-up basketball games will be played. Facility members, ages 13 and older, are welcome to join games.

Breakfast-time Basketball

Start your morning off with a pick-up game or two. For facility members, ages 18 & older.

Businessmen's Basketball

Facility members, ages 19 & older, come play pick-up basketball during your lunch break. Sixteen or more players, game runs cross court.

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YGYMNASIUM

- All members/guests must be checked in by the front desk staff.
- Children younger than 13 must be directly supervised by an adult (18+).
- 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 and demonstration of the **FOUR CORE YMCA VALUES** (Caring, Honesty, Respect & Responsibility) are expected for all activities.

Pick-up Basketball Rules

- Teams will be a max of 5 v. 5.
- When players are waiting, games will be played to 11 (by ones, and win by 2).
- All games will run cross court.
- There is a 2 game max. Winning team must rotate out when players are waiting
- All players must follow gym rules

All rules and regulations are subject to change at the discretion of the McCleskey-East Cobb YMCA. Failure to abide by rules will result in a suspension and/or termination of your membership. You may also be financially responsible for any property damage caused by your behavior.