

## Member Benefits

Northeast Cobb YMCA

Updated 6/30/2009 4:56 PM

# YGYMNASIUM

## Gym schedule effective through July 2009

### MONDAY

		Side
5:00 am – 6:00 am	Open Gym	A & B
6:00 am - 7:00 am	Boot Camp	A & B
7:30 am - 9:00 am	Open Gym	A & B
9:00 am – 4:00 pm	Summer Camp	A & B
4:00 pm – 10:00 pm	Open Gym	A & B

### TUESDAY

5:00 am – 6:00 am	Open Gym	A & B
6:00 am – 7:00 am	Group Exercise Class	A & B
7:30 am - 9:00 am	Open Gym	A & B
9:00 am - 4:00 pm	Summer Camp	A & B
4:00 pm - 10:00 pm	Open Gym	A & B

### WEDNESDAY

5:00 am - 6:00 am	Open Gym	A & B
6:00 am - 7:00 am	Boot Camp	A & B
7:30 am - 9:00 am	Open Gym	A & B
9:00 am – 4:00 pm	Summer Camp	A & B
4:00 pm – 6:00 pm	Open Gym	A & B
6:00 pm – 10:00 pm	Adult Pick-up Volleyball	A & B

### THURSDAY

5:00 am – 6:00 am	Open Gym	A & B
6:00 am – 7:00 am	Group Exercise Class	A & B
7:30 am - 9:00 am	Open Gym	A & B
9:00 am - 4:00 pm	Summer Camp	A & B
4:00 pm - 10:00 pm	Open Gym	A & B

### FRIDAY

5:00 am - 6:00 am	Open Gym	A & B
6:00 am - 7:00 am	Boot Camp	A & B
7:30 am - 9:00 am	Open Gym	A & B
9:00 am – 4:00 pm	Summer Camp	A & B
4:00 pm – 10:00 pm	Open Gym	A & B

### SATURDAY

7:00 am – 8:00 pm	Open Gym	A & B
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### SUNDAY

12:00 pm - 2:00 pm	Open Gym	A & B
2:00 pm – 6:00 pm	Adult Pick-up Basketball	A & B
6:00 pm – 8:00 pm	Open Gym	A & B

**Questions?** Contact Sports Director at (678) 569-9622

### Open Gym

Northeast Cobb YMCA, 3010 Johnson Ferry Road • Marietta, GA 30062 • 678-569-9622 • fax 678-507-9622 • ncy.ymcaatlanta.org

**YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

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

### Co-ed Pick-up Volleyball

Join other members on the court to play pick-up volleyball games.

- Games will be played to 15 using rally scoring.
- There is a *2 game MAX*, then the winning team must rotate out if 5 or more players are waiting.
- All players must abide by the open gym rules.

### Pick-up Basketball

Designated times for members to play pick-up games. See rules below.

### Pick-up Basketball Rules

- Games will be played to 15 by ones (win by 2) when 4 players or less are on the sign-in board. Play to 11 if 5 or more are waiting.
- There is a *2 game MAX*, then the winning team must rotate out if 5 or more players are waiting.
- All players must abide by the open gym rules.
- Unsportsmanlike conduct will not be tolerated!
- The YMCA staff has the authority to ask any participant member or guest to leave the gym or revoke gym privileges for inappropriate behavior.

### Gym Guidelines & Open Gym Rules

- Anyone in the gym must wear non-marking soled shoes.
- Anyone in the gym will conduct themselves in an appropriate manner following the YMCA guidelines for *Caring, Honesty, Respect and Responsibility*.
- No abusive/profane language allowed. It will not be tolerated.
- Wear proper attire, including shirts, at all times.
- No touching, dunking or hanging from baskets. You will be held responsible for any and all monetary damages.
- Children under 13 **MUST** be accompanied by a parent while in the gym.
- Do not kick any ball while in the gym. Also, no balls are to leave the gym.
- The intentional destruction of Y property will not be tolerated.
- NO FOOD, DRINKS, OR GUM allowed in the gym.
- Unsportsmanlike conduct will not be tolerated!