

MemberBenefits

Northeast Cobb
YMCA

YGYMNASIUM

Schedule effective through March 31, 2010

MONDAY

		Side
5:00-6:00 am	Open Gym	A & B
6:00-7:30 am	Boot Camp	A & B
7:30 am-12:30 pm	Open Gym	A & B
12:30-2:30 pm	Businessmen's Basketball	A & B
2:30 -5:30 pm	Open Gym	A & B
5:30-8:30 pm	Family Open Gym	A & B
8:30-10:00 pm	Adult Open Gym	A & B

TUESDAY

5:00-6:00 am	Open Gym	A & B
6:00-7:30 am	Group Exercise Class	A & B
7:30 am-1:00 pm	Open Gym	A & B
1:00-2:00 pm	Jacobs Ladder	A & B
2:00-5:30 pm	Open Gym	A & B
5:30 -8:30 pm	Open Gym	A & B
8:30-10:00 pm	Adult Open Gym	A & B

WEDNESDAY

5:00-6:00 am	Open Gym	A & B
6:00-7:30 am	Boot Camp	A & B
7:30 am-12:30 pm	Open Gym	A & B
12:30 pm-2:30 pm	Businessmen's Basketball	A & B
2:30-5:00 pm	Open Gym	A & B
5:00 -6:00 pm	YPod on the Move	A & B
6:00-7:30 pm	Family Open Gym	A & B
7:30-10:00 pm	Open Gym	A & B

THURSDAY

5:00-6:00 am	Open Gym	A & B
6:00-7:30 am	Group Exercise Class	A & B
7:30 am-1:00 pm	Open Gym	A & B
1:00-2:00 pm	Jacobs Ladder	A & B
2:00-5:30 pm	Open Gym	A & B
5:30 -7:30 pm	Family Open Gym	A & B
7:30-10:00 pm	Adult Open Gym	A & B

FRIDAY

5:00-6:00 am	Open Gym	A & B
6:00-7:30 am	Boot Camp	A & B
7:30 am-12:30 pm	Open Gym	A & B
12:30-2:30 pm	Businessmen's Basketball	A & B
2:30 -4:00 pm	Open Gym	A & B
4:00-7:00 pm	Family Open Gym	A & B
7:00-10:00 pm	Adult Open Gym	A & B

SATURDAY

7:00 - 10:00 am	Adult Open Gym	A & B
10:00am-12:00 pm	Family Open Gym	A & B
12:00-8:00 pm	Open Gym	A & B

SUNDAY

12:00-3:00 pm	Family Open Gym	A & B
3:00-6:00 pm	Adult Open Gym	A & B
6:00-8:00 pm	Open Gym	A & B

Pick-up Basketball Rules

- Games will be played to 15 by ones (win by 2) when 4 players or less are on the sign 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.
- Unsportsmanship 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.

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.

Gym Guidelines

- Non-marking soled shoes must be worn in the gym. Proper attire, including shirts, must be worn at all times.
- Conduct yourself in an appropriate manner following the YMCA core values of Caring, Honesty, Respect and Responsibility.
- Only Facility Members and their guests are permitted on the basketball court during Open Gym.
- Program Members children and guests are restricted to the Gym spectator area. They are not allowed to use the Arena or Batting Cages. They may use the Café area if accompanied by a parent.
- Foul language, bullying, fighting or other inappropriate behavior WILL NOT be tolerated. Violators will be asked to leave the facility.
- Dunking or hanging on the basketball rim is not permitted.
- No food, gum or drink is permitted on the Gymnasium floor.
- Players are responsible for cleaning up the areas used at the end of their play. (Bleachers, bench areas, etc.).
- Please help us keep our YMCA in good repair. The intentional destruction of YMCA property will not be tolerated.

Our Age Usage Policy is intended to keep your children safe while visiting our YMCA. We ask for your cooperation in helping us protect your children.

Age of Use

- **Only Facility Members 13 years of age and older may use the Gymnasium without supervision.**
- **Facility Members 12 years of age and under may use the Gymnasium as long as they are supervised by a parent or by YMCA staff.**
- **Program Members' children are not allowed to use the Gymnasium unless they are participating in league play or authorized team practice.**
- **Children under 13 are not permitted to participate in Adult Pick-up games.**
- **All children under 13 years of age may use the Café area as long as they are directly supervised by the parent.**

**NOTE: The Gym schedule is subject to change due to program changes or unforeseen circumstance. Please contact Front Desk to verify. Thanks.
Weather Hotline: 678-507-9633**