

Gym schedule effective Aug 15 thru Dec 15

MONDAY

| | | |
|---------------|------------|--------|
| 5:00- 3:00 am | Open Gym* | A & B |
| 2:00-3:00 pm | Family Gym | A only |
| 3:00-7:00 pm | Open Gym | A & B |
| 7:00-9:45 pm | Adult Gym | A & B |

TUESDAY

| | | |
|---------------|------------------|--------|
| 5:00-9:00 am | Open Gym | A & B |
| 9:00-11:00 am | Men's Basketball | A & B |
| 11:00-3:00 am | Open Gym* | A & B |
| 2:00-3:00 pm | Family Gym | A only |
| 3:00-9:45 pm | Adult Gym | A only |
| 3:00-7:00 pm | Youth Gym | B only |
| 7:00-9:45 pm | Open Gym | B only |

WEDNESDAY

| | | |
|--------------|------------------|--------|
| 5:00-9:00 am | Open Gym | A & B |
| 9:00-5:30 am | Open Gym | A & B |
| 5:30-7:00 pm | Youth Basketball | A only |
| 5:30-7:00 pm | Family Gym | B only |
| 7:00-9:45 pm | Adult Gym | A & B |

THURSDAY

| | | |
|---------------|------------------|--------|
| 5:00-9:00 am | Open Gym | A & B |
| 9:00-11:30 am | Men's Basketball | A & B |
| 11:30-5:30 am | Family Gym | A & B |
| 5:30-7:00 pm | Youth Basketball | A only |
| 7:00 -9:45 pm | Adult Volleyball | B Only |
| 7:00- 9:45 pm | Adult Gym | A Only |

FRIDAY

| | | |
|---------------|------------|--------|
| 5:00-9:00 am | Open Gym | A & B |
| 9:15-10:00 am | Jump-N-ABS | B Only |
| 10:00-9:00 am | Open Gym | A & B |

SATURDAY

| | | |
|---------------|------------------|--------|
| 8:00-11:00 am | Men's Basketball | A & B |
| 11:00-5:45 pm | Family Gym | A only |
| 11:00-5:45 pm | Adult Gym | B only |

SUNDAY

| | | |
|--------------|-----------|--------|
| 1:00-5:45 pm | Open Gym | A only |
| 1:00-5:45 pm | Adult Gym | B only |

Family Gym

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

Adult Gym

When numbers dictate, pick-up basketball games will be played. Facility members, ages **17** and older, are welcome to join games.

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 or profane language allowed. It will not be tolerated.
- Wear proper attire, including shirts, at all times.
- Do dunking or hanging from baskets. You will be held responsible for any and all monetary damages.
- Children under 8 **MUST** be accompanied by an adult (age 15 or older) 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 YMCA property will not be tolerated.
- **NO FOOD, DRINKS, OR GUM allowed in the gym.**

Pick-up Basketball Rules

- Games will be played to 15 by ones (win by two) when 4 players or less are on the board. Play to 11 if 5 or more are waiting.
- There is a **3 game MAX**, and then the winning team must rotate out if 5 or more players are waiting.
- All games will run cross-court.
- All players must abide by the open gym rules.
- Unsportmanlike 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.

*From 2-3 pm Open Gym - Side B Only

