



Summit Family YMCA

GYMNASIUM

Gym schedule effective Jan 2 thru Feb 20

MONDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
5:00 - 9:30am	Open Gym	1 & 2
9:30 - 10:30am	PMO	1 only
9:30 - 11:30am	Family Gym	2 only
11:30am - 5:30pm	Open Gym	1 & 2
5:30 - 7:45pm	Youth Basketball	1 & 2
7:45 - 10:00pm	Open Gym	1 & 2

TUESDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
5:00 - 9:30am	Open Gym	1 & 2
9:30 - 10:30am	PMO	1 only
9:30 - 11:30am	Family Gym	2 only
11:30am - 5:30pm	Open Gym	1 & 2
5:30 - 7:45pm	Youth Basketball	1 & 2
7:45 - 10:00pm	Open Gym	1 & 2

WEDNESDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
5:00 - 9:30am	Open Gym	1 & 2
9:30 - 10:30am	PMO	1 only
9:30 - 11:30am	Family Gym	2 only
11:30am - 10:00pm	Open Gym	1 & 2
7:00 - 9:00pm	Adult Volleyball	2 only

THURSDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
5:00 - 9:30am	Open Gym	1 & 2
9:30 - 10:30am	PMO	1 only
9:30 - 11:30am	Family Gym	2 only
11:30am - 5:30pm	Open Gym	1 & 2
5:30 - 7:45pm	Youth Basketball	1 & 2
7:45 - 10:00pm	Open Gym	1 & 2

FRIDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
5:00 - 6:30am	Open Gym	1 & 2
6:30 - 8:30am	Adult Basketball	1 & 2
8:30am - 5:30	Open	1 & 2
5:30 - 7:45pm	Youth Basketball	1 & 2
8:00 - 9:00pm	Adult Basketball	1 & 2

SATURDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
8:00am - 4:00pm	Youth Basketball	1 & 2
4:00 - 6:00pm	Open Gym	1 & 2

SUNDAY

<i>Time</i>	<i>Activity</i>	<i>Court</i>
12:00 - 2:00am	Family Gym	2 only
12:00 - 2:00pm	Open Gym	1 only
2:00 - 4:00pm	Adult Basketball	1 & 2
4:00 - 6:00pm	Open Gym	1 & 2

Family Gym

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

Adult Gym

When numbers dictate, adult pick-pick basketball games will be played. Games can run full-court. Facility members ages 18 and older are welcome to join games.

Gym Guidelines & Open Gym Policies

- Proper athletic footwear must be worn (no marking shoes).
- Inappropriate behavior (foul language, fighting, arguing, intimidation, overly aggressive play, spitting, etc.) will not be tolerated. A player's inappropriate behavior will be subject to the suspension or termination of his/her membership from all Metro Atlanta YMCAs.
- Proper attire, including shirts, must be worn at all times.
- Hanging from the basketball rim is not allowed.
- Children under 13 must be accompanied by an adult at all times.
- Do not kick any ball while in the gym.
- No food or drinks allowed in the gym.

Pick-up Basketball Polices

- Games being played on half court will be played to 11 points, with all baskets equaling one point.
- Games being played on full court will be played to 20 points, using the three point line and regular scoring.
- 3 game limit for winning team if eight or more players are waiting to play on half court; ten or more players on the full court.
- At the start of games, players will shoot from the 3 point line to decide teams. First 4/5 to make it will be on team 1 and the second 4/5 to make it will be on team 2.
- The YMCA staff has the authority to ask any participant (member or guest) to leave the gym or revoke gym privileges for inappropriate behavior.



YMCA