



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## NORTHEAST COBB YMCA

Schedule Begins January 17th and is subject to change

### Gym Policies

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 rough play, fighting and/or abusive/profane language or gestures

No bare feet, sandals or marking soled shoes

No food, gum or drinks (other than water)

No dunking, slamming or hanging from the rims/nets

Intentional destruction of YMCA property will not be tolerated

Proper attire must be worn and be suitable for a family-oriented facility

Members are responsible for their guests

Good sportsmanship and demonstration of the core YMCA values are expected for all activities



½ Gym Open for Open Play

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
8:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
9:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	
10:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	
11:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	Open Gym
NOON	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	Open Gym
1:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	Futsal Games
2:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Basketball Games	Futsal Games
3:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Futsal Games	Futsal Games
4:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Futsal Games	Futsal Games
5:00 pm	Open Gym	Open Gym	Basketball Practice	Basketball Practice	Open Gym	Futsal Games	Open Gym
6:00 pm	Basketball Practice	Open Gym	Basketball Practice	Basketball Practice	Open Gym		
7:00 pm	Basketball Practice	Basketball Practice	Basketball Practice	Basketball Practice	Open Gym		
8:00 pm	Open Gym	Basketball Practice	Basketball Practice	Basketball Practice	Open Gym		
9:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		

### Northeast Cobb YMCA

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