

# YGYMNASIUM

**Schedule effective through May 31, 2010**

**MONDAY**

|                  |                      |       |
|------------------|----------------------|-------|
| 5:00-6:00 am     | Family Open Gym      | A & B |
| 6:00-7:30 am     | Boot Camp            | A & B |
| 7:30 am-12:30 pm | Family Open Gym      | A & B |
| 12:30-2:30 pm    | Adult Open Gym (18+) | A & B |
| 2:30 -8:30 pm    | Family Open Gym      | A & B |
| 8:30-10:00 pm    | Adult Open Gym       | A & B |

**TUESDAY**

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

**WEDNESDAY**

|                  |                      |       |
|------------------|----------------------|-------|
| 5:00-6:00 am     | Family Open Gym      | A & B |
| 6:00-7:30 am     | Boot Camp            | A & B |
| 7:30 am-12:30 pm | Family Open Gym      | A & B |
| 12:30 pm-2:30 pm | Adult Open Gym (18+) | A & B |
| 2:30-5:00 pm     | Family Open Gym      | A & B |
| 5:00 -6:00 pm    | YPod on the Move     | A & B |
| 6:00-10:00 pm    | Family Open Gym      | A & B |

**THURSDAY**

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

**FRIDAY**

|                  |                      |       |
|------------------|----------------------|-------|
| 5:00-6:00 am     | Family Open Gym      | A & B |
| 6:00-7:30 am     | Boot Camp            | A & B |
| 7:30 am-12:30 pm | Family Open Gym      | A & B |
| 12:30-2:30 pm    | Adult Open Gym (18+) | A & B |
| 2:30 -7:00 pm    | Family Open Gym      | A & B |
| 7:00-8:30 pm     | Dunkin' Divas        | A & B |
| 8:30-10:00 pm    | Adult Open Gym       | A & B |

**SATURDAY**

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

**SUNDAY**

|               |                     |       |
|---------------|---------------------|-------|
| 12:00-3:00 pm | Family Open Gym     | A & B |
| 3:00-6:00 pm  | Adult Open Gym(18+) | A & B |
| 6:00-8:00 pm  | Family Open Gym     | A & B |

*NOTE: The Gym schedule is subject to change due to program changes or unforeseen circumstance. Please contact Front Desk to verify. Thanks.*

## Member Benefits

Northeast Cobb  
YMCA

# YGYMNASIUM

- 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 Dunking, slamming or hanging from the rims/nets.
- No rough play and/or abusive/profane language or gestures.
- No fighting.
- Clean, non-marking soled shoes must be worn.
- No bare feet, sandals, street clothes or wet clothes.
- No food, gum or drinks (other than water).
- Do not kick the balls while in the gym.
- No dribbling outside of the gym.
- Intentional destruction of YMCA property will not be tolerated.
- We are not responsible for lost or stolen property.
- Proper attire must be worn and be suitable for a family-oriented facility.
- Members are responsible for the behavior of your guests and must ensure they follow the posted guidelines.
- Good sportsmanship and demonstration of the FOUR CORE YMCA VALUES (Caring, Honesty, Respect & Responsibility) are expected for all activities.

### Pick-Up Basketball Rules

- Pick-Up games are open to members 13 yrs and older.
- Teams will be a max of 5 v. 5.
- When players are waiting, games will be played to 11 (by ones, and win by 2).
- There is a 2 game max. Winning team must rotate out.
- All players must follow gym rules.

### Family Open Gym

- Ages 4+. Children 4–12 yrs old must be directly supervised by an adult.

### Adult Open Gym

- Facility members ages 18+.

All rules and regulations are subject to change at the discretion of the Northeast Cobb YMCA. Failure to abide by rules will result in a suspension and/or termination of your membership. You may also be financially responsible for any property damage caused by your behavior or that of your guest(s).