

YGYMNASIUM

Schedule effective August 15, 2011 March 20, 2012

MONDAY

5:00-9:00 am	Open Gym	A & B
9:00-11:30 am	Adult Gym	A & B
11:30 am-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
9:00-11:30 am	Adult Gym	A & B
11:30 am-3:00 pm	Open Gym	A & B
3:00-7:00 pm	Open Gym	A & B
7:00-9:45 pm	Adult Gym	B only
7:00-9:45 pm	Open Gym	A only

WEDNESDAY

5:00-9:00 am	Open Gym	A & B
9:00-11:30 am	Adult Gym	A & B
11:30 am-3:00 pm	Open Gym	A & B
3:00-7:00 pm	Open Gym	A & B
7:00-9:45 pm	Adult Open Gym	A & B

THURSDAY

5:00-9:00 am	Open Gym	A & B
9:00-11:30 am	Adult Gym	A & B
11:30 am-3:00 pm	Open Gym	A & B
3:00-7:00 pm	Open Gym	A & B
7:00-9:45 pm	Adult Volleyball	B only
7:00-9:45 pm	Open Gym	A only

FRIDAY

5:00-9:45 am	Open Gym	A & B
9:30-10:15 am	Jump & Abs	A & B
10:15am-3:00 pm	Open Gym	A & B
3:00pm -8:45pm	Open Gym	A & B

SATURDAY

8:00-11:00 am	Adult Gym	A & B
11:00-2:00 pm	Family Open Gym	A only
2:00-5:45 pm	Open Gym	A & B

SUNDAY

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

- All members/guests must be checked in by the front desk staff.
- Children younger than 8 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.*

All rules and regulations are subject to change at the discretion of the Northwest 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).

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