

## Gym schedule effective March 31 thru June 30

### 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 10 **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 2-3pm Side B Only open gym

