



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours
Mon-Fri: 5:00am - 10:00pm
Sat-Sun: 7:00am - 8:00pm

Social Media
Friend us on Facebook.
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Stonestown Family YMCA
333 Eucalyptus Drive
San Francisco, CA 94132
415.242.7100
www.ymcasf.org/stonestown

Gym Schedule

Winter 2011/2012

Schedule subject to change **Youth Winter Basketball League runs January 2 – March 25.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:00 - 6:00am	OPEN GYM 5:00 - 6:00am	OPEN GYM 5:00 - 6:00am	OPEN GYM 5:00 - 6:00am	OPEN GYM 5:00 - 6:00am	ADULT OPEN GYM 7:00 - 8:00am	ADULT OPEN GYM 7:00 - 8:00am
ADULT BASKETBALL 6:00 - 7:45am	ADULT BASKETBALL 6:00 - 7:45am	GROUP EXERCISE 6:00 - 6:45am	ADULT BASKETBALL 6:00 - 6:45am	GROUP EXERCISE 6:00 - 6:45am	GROUP EXERCISE 8:00 - 11:15am	GROUP EXERCISE 9:00 - 11:00am
GROUP EXERCISE 8:00 - 11:30am	GROUP EXERCISE 8:00 - 11:30am	ADULT BASKETBALL 7:00 - 7:45am	GROUP EXERCISE 7:00 - 11:30am	ADULT BASKETBALL 7:00 - 7:45am	WINTER BASKETBALL 11:15am - 6:30pm	WINTER BASKETBALL 11:00am - 6:00pm
OPEN GYM 11:30am - 2:50pm	ADULT INDOOR SOCCER 12:30 - 2:15pm	GROUP EXERCISE 8:00 - 1:00pm	ADULT INDOOR SOCCER 12:30 - 2:15pm	GROUP EXERCISE 8:00 - 11:30am	½ ADULT VOLLEYBALL ½ OPEN GYM 6:30 - 7:50pm	ADULT OPEN GYM 6:00 - 7:50pm
WINTER BASKETBALL 3:00 - 5:30pm	OPEN GYM 2:15 - 2:50pm	OPEN GYM 1:00 - 2:50pm	OPEN GYM 2:15 - 2:50pm	OPEN GYM 11:30am - 2:50pm		
GROUP EXERCISE 5:30 - 7:30pm	WINTER BASKETBALL 3:00 - 6:30pm	WINTER BASKETBALL 3:00 - 6:30pm	WINTER BASKETBALL 3:00 - 6:30pm	WINTER BASKETBALL 3:00 - 7:30pm		
OPEN GYM: ½ FAMILY ½ ADULT 7:30 - 8:30pm	GROUP EXERCISE 6:30 - 7:30pm	GROUP EXERCISE 6:30 - 7:30pm	GROUP EXERCISE 6:30 - 7:30pm	ADULT OPEN GYM 7:30 - 9:50pm		
ADULT OPEN GYM 8:30 - 9:50pm	ADULT OPEN GYM 7:30 - 9:50pm	ADULT VOLLEYBALL 7:30 - 8:30pm	ADULT OPEN GYM 7:30 - 9:50pm			
		½ ADULT VOLLEYBALL ½ ADULT OPEN GYM 8:30 - 9:50pm				

ADULT OPEN GYM: Reserved for members 14 years and older
FAMILY OPEN GYM: Reserved for parents and children 3-13 years old

HALF COURT GAMES: Held only during shared Open Gym hours
FAMILY NIGHT: 3rd Fridays of the month (7:30 - 9:50pm)

- GYM RULES:**
- Manager on duty has final authority.
 - Remain outside of gym until class participants have exited.
 - Please wear gym shoes only (no black soles or sandals).
 - Shirts must be worn at all times.
 - No food, drink or chewing gum allowed.
 - Disrespectful language will not be tolerated at the YMCA.
 - All gym bags and personal items must be stored in lockers.
 - Do not hang on the basketball hoops.
 - Blue emergency doors must stay closed at all times.
 - Children 13 years and under must be supervised by an adult, ages 18 and older.
 - For Adult Open Gym, please sign up on the white board to reserve your spot to play.
 - First team to reach a score of 10 wins (score by 1).
 - Winning team may only hold court for maximum of 3 games.