

GYM SCHEDULE

GYM SCHEDULE - FALL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:00 AM - 6:00 AM						
ADULT BASKETBALL 6:00 AM - 7:45 AM					ADULT OPEN GYM 7:00 AM - 8:00 AM	ADULT OPEN GYM 7:00 AM - 9:00 AM
GROUP EXERCISE 8:00 AM - 11:30 AM					GROUP EXERCISE CLASS 8:00 AM - 11:15 AM	GROUP EXERCISE CLASS 9:00 AM - 11:00 AM
OPEN GYM ½ FAMILY ½ ADULT 11:30 AM - 2:30 PM	ADULT INDOOR SOCCER 12:30 PM - 2:15 PM	OPEN GYM ½ FAMILY ½ ADULT 11:30 AM - 2:30 AM	ADULT INDOOR SOCCER 12:30 PM - 2:15 PM	OPEN GYM ½ FAMILY ½ ADULT 11:30 AM - 2:30 AM	OPEN GYM 11:15 AM - 6:00 PM	OPEN GYM 11:00 AM - 12:30 PM ADULT INDOOR SOCCER 12:30 PM - 2:15 PM
OPEN GYM 2:30 PM - 5:20 PM	OPEN GYM 2:15 PM - 6:20 PM	OPEN GYM 2:30 PM - 6:20 PM	OPEN GYM 2:15 PM - 6:20 PM	OPEN GYM 2:30 PM - 7:30 PM		OPEN GYM 2:15 PM - 6:00 PM
GROUP EXERCISE 5:30 PM - 7:30 PM	GROUP EXERCISE 6:30 PM - 7:30 PM					½ ADULT VOLLEYBALL ½ OPEN GYM 6:30 PM - 7:50 PM
OPEN GYM ½ FAMILY ½ ADULT 7:30 PM - 8:30 PM	ADULT OPEN GYM 7:30 PM - 9:50 PM	ADULT VOLLEYBALL 7:30 PM - 8:30 PM	ADULT OPEN GYM 7:30 PM - 9:50 PM	ADULT OPEN GYM 7:30 PM - 9:50 PM		
ADULT OPEN GYM 8:30 PM - 9:50 PM		½ ADULT VOLLEYBALL ½ ADULT OPEN GYM 8:30 PM - 9:50 PM		Note: Every 3rd Friday of the month is Family Night in the Gym.		

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 work 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 a maximum of 3 games.

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.