



# Gym Schedule – Court 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:30am	Open Court 8:00am – 5:00pm	Open Court 1:00pm – 5:00pm
Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:30am – 11:30am		
Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm		
Open Court 1:30pm – 9:00pm	Open Court 1:30pm – 9:00pm	Open Court 1:30pm – 6:00pm	Open Court 1:30pm – 6:00pm	Open Court 1:30pm – 8:00pm		
		Adult League VB 5:00pm – 9:00pm	Open Court Pickleball 6:00pm – 9:00pm			

\*Schedule is subject to change with little to no notice.

## GYMNASIUM POLICIES

1. NO food or drinks other than water are allowed in the gym.
2. Sport approved and appropriate clothing and shoes must be worn at all times. (No cleats, dress shoes, or boots on the court)
3. Dunking and hanging from rims is prohibited and will result in removal from the Y.
4. RESPECT OUR FACILITY. Mishandling of balls and equipment is prohibited (no throwing, kicking, etc). Please return the equipment to its proper area.
5. Exterior gym doors are equipped with alarms. Exit doors are to be opened in building emergencies only or by Y staff.
6. Disagreements, disputes, and arguments will be settled in a polite, timely, and nonviolent manner.
7. Members, guests, and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
8. MEMBERS, GUESTS, AND PARTICIPANTS WILL CONDUCT THEMSELVES IN A SPORTSMANLIKE MANNER; PROFANITY, SPITTING, UNSPORTSMANLIKE CONDUCT, PROVOCATIVE LANGUAGE AND ACTIONS ARE PROHIBITED.
9. Youth under the age of 8 **MUST** be physically accompanied by an adult while in the gym.
10. The Y is not responsible for lost or stolen articles. Please keep valuables at home or in a locked locker.

### Open Activities:

Members and guests are allowed to play on the court/turf. Rotate in, allow everyone the opportunity to play.

### Y Childcare/Sport Programming

YMCA childcare activities only. Members and guests are not allowed to share a space during this time.

### Group Fitness/Toning/Hitt/Zumba®

The area will be unavailable to members and guests until the program is over.

Basketballs are available at the Welcome Center. Collateral, such as car keys or cellular devices, can be left for a basketball.



# Gym Schedule – Court 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:00am	Open Court – Main 5:00am – 8:30am	Open Court 8:00am – 5:00pm	Open Court 1:00pm – 5:00pm
Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:00am – 11:30am	Open Court Pickleball 8:30am – 11:30am		
Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm	Noon Ball 11:30am – 1:30pm		
Open Court 1:30pm – 9:00pm	Open Court 1:30pm – 9:00pm	Open Court 1:30pm – 5:00pm	Open Court 1:30pm – 5:45pm	Open Court 1:30pm – 8:00pm		
		Adult League VB 5:00pm – 9:00pm	Open Court Pickleball 6:00pm – 9:00pm			

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## GYMNASIUM POLICIES

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2. Sport approved and appropriate clothing and shoes must be worn at all times. (No cleats, dress shoes, or boots on the court)
3. Dunking and hanging from rims is prohibited and will result in removal from the Y.
4. RESPECT OUR FACILITY. Mishandling of balls and equipment is prohibited (no throwing, kicking, etc). Please return the equipment to its proper area.
5. Exterior gym doors are equipped with alarms. Exit doors are to be opened in building emergencies only or by Y staff.
6. Disagreements, disputes, and arguments will be settled in a polite, timely, and nonviolent manner.
7. Members, guests, and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
8. MEMBERS, GUESTS, AND PARTICIPANTS WILL CONDUCT THEMSELVES IN A SPORTSMANLIKE MANNER; PROFANITY, SPITTING, UNSPORTSMANLIKE CONDUCT, PROVOCATIVE LANGUAGE AND ACTIONS ARE PROHIBITED.
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# Gym Schedule – Court 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Court 5:00am – 8:45am	Open Court 5:00am – 8:45am	Open Court 5:00am – 8:45am	Open Court 5:00am – 8:45am	Open Court 5:00am – 8:15am	Open Court 8:00am – 5:00pm	Open Court 1:00pm – 5:00pm
9:00 AM Zumba	9:00 AM Toning	9:00 AM Strong Nation	9:00 AM Toning	8:30 AM Zumba		
Open Court Pickleball 10:15am – 12:00pm	Open Court Pickleball 10:15am – 12:00pm	Open Court Pickleball 10:15am – 12:00pm	Open Court Pickleball 10:15am – 12:00pm	Open Court Pickleball 10:15am – 12:00pm		
Open Court 12:00pm–1:30pm	Open Court 12:00pm–1:30pm	Open Court 12:00pm–1:30pm	Open Court 12:00pm–1:30pm	Open Court 12:00pm–1:30pm		
Summer Camp 1:45pm–5:00pm	Summer Camp 1:45pm–5:00pm	Summer Camp 1:45pm–5:00pm	Summer Camp 1:45pm–5:00pm	Summer Camp 1:45pm–5:00pm		
Open VB Court 5:15pm – 9:00pm	Open Court 5:15pm – 9:00pm	Open Court 5:15pm–9:00pm	Open Court 5:15pm – 9:00pm	Open Court 5:15pm–8:00pm		

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