



# Gym Schedule - Court 1

| MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY   | SATURDAY                      | SUNDAY                        |
|---|---|---|---|--|-------------------------------|-------------------------------|
| Open Court - Main<br>5:00am - 8:00am                           | Open Court<br>8:00am - 5:00pm | Open Court<br>1:00pm - 5:00pm |
| Open Court Pickleball<br>8:00am - 11:00am                      |                               |                               |
| Noon Ball<br>11:00am - 1:00pm             |   | Noon Ball<br>11:00am - 1:00pm             |   | Noon Ball<br>11:00am - 1:00pm                                  |                               |                               |
| Open Court<br>1:00pm - 9:00pm             | Open Court<br>11:00am - 9:00pm            | Open Court<br>1:00pm - 9:00pm             | Open Court<br>11:00am - 8:00pm            | Open Court<br>1:30pm - 5:15pm<br>Open Court<br>1:00pm - 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<br>5:00am - 8:00am      | Open Court<br>8:00am - 5:00pm | Open Court<br>1:00pm - 5:00pm |
| Open Court Pickleball<br>8:00am - 11:00am |                               |                               |
| Noon Ball<br>11:00am - 1:00pm             | Open Court<br>11:00am - 4:00pm            | Noon Ball<br>11:00am - 1:00pm             | Open Court<br>11:00am - 4:00pm            | Noon Ball<br>11:00am - 1:00pm             |                               |                               |
| Open Court<br>1:00pm - 4:00pm             |   | Open Court<br>1:00pm - 4:00pm             |   | Open Court<br>1:00pm - 4:00pm             |                               |                               |
| Youth VB Court League<br>4:00pm - 9:00pm  | Youth VB Court League<br>4:00pm - 8:00pm  |                               |                               |

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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.
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:

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### Y Childcare/Sport Programming

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# Gym Schedule - Court 3

| MONDAY                                       | TUESDAY                                      | WEDNESDAY                                    | THURSDAY                                     | FRIDAY                                       | SATURDAY                      | SUNDAY                        |
|--|--|--|--|--|-------------------------------|-------------------------------|
| Open Court<br>5:00am - 9:00am                | Open Court<br>8:00am - 5:00pm | Open Court<br>1:00pm - 5:00pm |
| 9:00 AM<br>Zumba                             | 9:00 AM<br>Toning                            | 9:00 AM<br>Strong Nation                     | 9:00 AM<br>Toning                            | 8:30 AM<br>Zumba                             |                               |                               |
| Open Court<br>10:am - 11:00am                |                               |                               |
| Sunsetter's VB<br>Clinic<br>11:00am - 1:00pm |                               |                               |
| Open Court<br>1:00pm - 4:00pm                |                               |                               |
| Youth VB<br>Practices<br>4:00pm - 9:00pm     | Youth VB<br>Practices<br>4:00pm - 8:00pm     |                               |                               |

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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.
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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:

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# PAVILION

| MONDAY                             | TUESDAY                            | WEDNESDAY                          | THURSDAY                           | FRIDAY                              | SATURDAY                      | SUNDAY                        |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------|-------------------------------|
| Open<br>5:00am - 8:00am            | Open<br>5:00am - 8:00am            | Open<br>5:00am - 8:00am            | Open<br>5:00am - 8:00am            | Open<br>5:00am - 12:00pm            | Open Court<br>8:00am - 5:00pm | Open Court<br>1:00pm - 5:00pm |
| Summer Day Camp<br>8:00am - 6:00pm | Summer Day Camp<br>12:00pm - 6:00pm |                               |                               |
| Open<br>6:00pm - 9:00pm            | Open<br>6:00pm - 9:00pm            | Open<br>6:00pm - 9:00pm            | Open<br>6:00pm - 9:00pm            | Open<br>6:00pm - 8:00pm             |                               |                               |

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## PAVILION/TURF POLICIES

1. Be RESPONSIBLE, dispose of all trash appropriately.
2. Appropriate athletic clothing and shoes must be worn at all times. (No cleats, dress shoes, or boots)
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. Please return the equipment to its proper area.
5. Gates and fenced areas are not to be climbed or jumped. Areas are equipped with cameras for monitoring. Exit gates 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.
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9. Youth under the age of 8 MUST be physically accompanied by an adult while in the outside area.
10. The Y is not responsible for lost or stolen articles. Please keep valuables at home or in a locked locker.

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# TURF

| MONDAY                             | TUESDAY                            | WEDNESDAY                          | THURSDAY                           | FRIDAY                              | SATURDAY                      | SUNDAY                        |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------|-------------------------------|
| Open<br>5:00am - 7:30am            | Open<br>5:00am - 7:30am            | Open<br>5:00am - 7:30am            | Open<br>5:00am - 7:30am            | Open<br>5:00am - 12:00pm            | Open Court<br>8:00am - 5:00pm | Open Court<br>1:00pm - 5:00pm |
| Summer Day Camp<br>7:45am - 6:00pm | Summer Day Camp<br>12:00pm - 6:00pm |                               |                               |
| Open Area<br>6:00pm - 9:00pm       | Open Area<br>6:00pm - 8:00pm        |                               |                               |

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