



FRY FAMILY YMCA GYM SCHEDULE

Fall 2017

East Gym Schedule *(by windows)*

MONDAY	
Time	Activity
5:00a-10:00p	Member Open Gym

TUESDAY	
Time	Activity
5:00a-4:00p	Member Open Gym
4:30-9:00p	Volleyball Practice
9:00-10:00p	Member Open Gym

WEDNESDAY	
Time	Activity
5:00a-5:00p	Member Open Gym
5:00-8:00p	Basketball Practice
8:00a-10:00p	Member Open Gym

THURSDAY	
Time	Activity
5:00a-10:30a	Member Open Gym
10:45-11:30a	Preschool Sports
11:30-4:00p	Member Open Gym
4:30-9:00p	Volleyball Practice
9:00-10:00p	Member Open Gym

FRIDAY	
Time	Activity
5:00a-4:45p	Member Open Gym
5:00-6:00p	Basketball Practice
6:00-10:00p	Member Open Gym

SATURDAY	
Time	Activity
5:00a-8:15a	Boot Camp
8:30-11:00am	Open Gym
11:00a-5:00p	Bball League Games
5:00p-8:00p	Member Open Gym

SUNDAY	
Time	Activity
7:00-11:30a	Member Open Gym
12:00-4:00p	Volleyball Games
4:00-8:00p	Member Open Gym

NO FULL COURT ALLOWED BEFORE 8:00 PM UNLESS NOTED ON THE SCHEDULE. NO EXCEPTIONS!

West Gym Schedule

MONDAY	
Time	Activity
5:00a-10:30a	Member Open Gym
11:00a-11:30a	Preschool
11:30a-3:30p	Member Open Gym
3:30p-4:00p	Preschool
4:00p-10:00p	FAMILY OPEN GYM

TUESDAY	
Time	Activity
5:00a-9:15a	Member Open Gym
9:30a-10:00a	Parent-Tot Sports
11:00a-11:30a	Preschool
11:30p-12:00p	Basketball Lvl 0: Preschool
12:30-1:15p	Preschool Sports Assorts
3:30p-4:00p	Preschool
4:00p-6:00pa	Member Open Gym
6:00p-8:00p	Bball lvl 1 and 2
8:00-10:00p	Member Open Gym

WEDNESDAY	
Time	Activity
5:00a-11:30p	Member Open Gym
11:00a-11:30a	Preschool
12:00p-3:30p	FAMILY OPEN GYM
3:30p-4:00p	Preschool
4:00p-10:00p	FAMILY OPEN GYM

THURSDAY	
Time	Activity
5:00a-10:15a	Member Open Gym
9:30a-10:30a	Y Kids Gym
11:00a-11:30a	Preschool
11:45a-3:00p	FAMILY OPEN GYM
3:30p-4:00p	Preschool
4:00p-10:00p	FAMILY OPEN GYM

FRIDAY	
Time	Activity
5:00a-10:30a	Member Open Gym
11:00a-11:30a	Preschool
11:45a-3:00p	FAMILY OPEN GYM
3:30p-4:00p	Preschool
11:45a-10:00p	FAMILY OPEN GYM

SATURDAY	
Time	Activity
5:00a-9:15a	Member Open Gym
9:30a-10:00a	Parent-Tot Sports
10:15a-11:00a	Teammates
11:00a-5:00p	Bball League Games
5:00p-8:00p	Member Open Gym

SUNDAY	
Time	Activity
7:00a-10:00a	Member Open Gym
10:00a-8:00p	FAMILY OPEN GYM

NO FULL COURT ALLOWED ON WEST SIDE OF GYM AFTER 12PM
 *ONLY YOUTH 12 & UNDER, ACCOMPANIED BY A PARENT/GUARDIAN
 MAY PARTICIPATE IN FAMILY OPEN GYM

■ GYM IN USE

Gym Rules

Violation of any of these rules may result in removal from the facility and may result in revoking membership.

- * No Dunking or hanging on the rims. Violation of this rule will result in immediate removal from the facility.
- * No Chewing gum, food or beverages allowed in the gym with the exception of water in plastic bottles only.
- * Full Court play is permitted only as dictated by the gym schedule and the building supervisor.
- * Parents/guardians are required to be present during Family Gym time.
- * No Fighting. Violation of this rule will result in immediate removal from the facility and loss of membership.
- * No profanity.
- * No Spitting.
- * For safety purposes, please do not leave jackets and gym bags around the gym perimeter. Lockers are available outside the gym.
- * Please do not leave valuables unattended; the YMCA is not responsible for any items lost or stolen.
- * YMCA basketballs must stay in the gym except to front desk to pump it up.
- * Shirts and appropriate footwear are required at all times.