



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 |

| WEDNESDAY | |
|--------------|-----------------|
| Time | Activity |
| 8:00a-10:00p | Member Open Gym |

| THURSDAY | |
|--------------|------------------|
| Time | Activity |
| 5:00a-10:30a | Member Open Gym |
| 10:45-11:30a | Preschool Sports |
| 11:30-10:00p | Member Open Gym |

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

| SATURDAY | |
|-------------|-----------|
| Time | Activity |
| 5:00a-8:15a | Boot Camp |
| 8:30-8:00pm | Open Gym |

| SUNDAY | |
|-------------|-----------------|
| Time | Activity |
| 7:00-9:30p | Member Open Gym |
| 9:30-11:30p | Mens Basketball |
| 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 | Member Open Gym |

| TUESDAY | |
|---------------|-------------------|
| Time | Activity |
| 5:00a-9:15a | Member Open Gym |
| 9:30a-10:00a | Parent-Tot Sports |
| 11:00a-11:30a | Preschool |
| 11:30-3:00p | Member Open Gym |
| 3:30p-4:00p | Preschool |
| 4:00p-6:00p | 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 | Bball League Games |
| 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 |
| 4:00p-10:00p | FAMILY OPEN GYM |

| SATURDAY | |
|-------------|-----------------|
| Time | Activity |
| 5:00a-8:00p | Member Open Gym |

| SUNDAY | |
|-------------|-----------------|
| Time | Activity |
| 7:00a-8:00p | Member 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.