



FRY FAMILY YMCA GYM SCHEDULE SUMMER 2017

ABSOLUTELY NO FOOD OR DRINK ALLOWED IN THE GYM, EXCEPT FOR WATER BOTTLES.

EAST Gym Schedule *(by windows)*

MONDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 9:00p	Member Open Gym

TUESDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 4:30p	Member Open Gym
4:30p-5:15pm	Basketball level 1, 2 and 3
5:15p-6:00pm	Basketball level 1, 2 and 4
6:00p-8:30pm	Member Open Gym
8:30p - 9:00p	Member Full Court

WEDNESDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a-8:30p	Member Open Gym
8:30p - 9:00p	Member Full Court

THURSDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 4:30p	Member Open Gym
4:30p-5:15pm	Basketball level 1, 2 and 3
5:15p-6:00pm	Basketball level 1, 2 and 4
6:00p-8:30pm	Member Open Gym
8:30p - 9:00p	Member Full Court

FRIDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 9:00p	Member Open Gym

SATURDAY	
Time	Activity
5:00a - 11:00a	Open Gym
11:00a - 2:00p	Member Full Court
2:00p - 7:00p	Member Open Gym

*****ON RAINY DAYS, WE RESERVE THE RIGHT TO CLOSE THE EAST GYM FOR DAY CAMP USE.**

**NO FULL COURT ALLOWED BEFORE 8PM UNLESS NOTED ON THE SCHEDULE.
FULL COURT ALLOWED WITH THE PERMISSION OF THE BUILDING SUPERVISOR,
NO EXCEPTIONS**

SUNDAY	
Time	Activity
7:00a - 10:00a	Member Open Gym
10:00a - 1:00p	Adult Full Court (18+)
1:00p - 7:00p	Member Open Gym

WEST Gym Schedule

MONDAY	
Time	Activity
5:00a - 6:30a	Member Open Gym
6:30a - 9:30a	Safari Camp \$
9:30a -11:30a	FAMILY OPEN GYM
12:00p - 6:00p	Safari Camp \$
6:00p - 9:00p	Member Open Gym

TUESDAY	
Time	Activity
5:00a - 6:30a	Member Open Gym
6:30a - 6:00p	Safari Camp \$
6:00p - 8:00p	FAMILY OPEN GYM
8:00p - 9:00p	Member Open Gym

WEDNESDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 6:00p	Safari Camp \$
6:00p - 9:00p	FAMILY OPEN GYM

THURSDAY	
Time	Activity
5:00a - 6:30a	Member Open Gym
6:30a - 10:00a	Safari Camp \$
10:00a - 4:00p	Member Open Gym
4:00p - 6:00p	Safari Camp \$
6:00p - 9:00p	FAMILY OPEN GYM

FRIDAY	
Time	Activity
5:00a - 6:30a	Member Full Court
6:30a - 6:00p	Safari Camp \$
6:00p - 9:00p	FAMILY OPEN GYM

SATURDAY	
Time	Activity
5:00a - 9:15a	Member Open Gym
9:30a - 10:00a	Little Sports (2-3 yrs) \$
10:15a - 11:00a	Teammates \$
11:15a - 4:00p	FAMILY OPEN GYM
4:00p - 7:00p	Member Open Gym

**NO FULL COURT ALLOWED ON THE WEST SIDE OF THE GYM AFTER 6:30 AM.
*Only youth 12 and under, accompanied by a parent/guardian may participate in family open gym.**

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

GYM IN USE

*See back for full gym rules

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.
- * 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.