



# FRY FAMILY YMCA GYM SCHEDULE

## Winter 1 2017 East Gym Schedule *(by windows)*

MONDAY	
Time	Activity
5:00a-6:30a	<i>Member Full Court</i>
6:30a-9:15a	Member Open Gym
9:30a-11:30a	Y Kids Gym
11:30a-12:15p	Preschool
12:30p-1:45p	Member Open Gym
1:45-2:15p	Preschool
2:30p-10:00p	Member Open Gym

TUESDAY	
Time	Activity
5:00a-9:30a	<i>Member Full Court</i>
9:30a-11:30a	Y Kids Gym
11:45a-12:15p	Preschool
12:30p-10:00p	Member Open Gym

WEDNESDAY	
Time	Activity
5:00a-6:30a	<i>Member Full Court</i>
6:30a-9:15a	Member Open Gym
9:30a-11:30a	Y Kids Gym
11:30a-12:15p	Preschool
12:30p-1:30p	Member Open Gym
1:45-2:15p	Preschool
2:30p-10:00p	Member Open Gym

THURSDAY	
Time	Activity
5:00a-9:30a	<i>Member Full Court</i>
10:00a-10:30a	Preschool
10:30a-11:45a	Member open Gym
11:45a-12:15	Preschool
12:30p-10:00p	Member Open Gym

FRIDAY	
Time	Activity
5:00a-6:30a	<i>Member Full Court</i>
6:30a-9:30a	Member Open Gym
9:30a-11:30a	Y Kids Gym
11:30a-12:15 p	Preschool
12:30p-1:30p	Member Open Gym
1:45-2:15p	Preschool
2:30p-10:00p	Member Open Gym

SATURDAY	
Time	Activity
5:00a-8:15a	Boot Camp
8:30a-11:00am	Open Gym
11:00a-5:00p	League Games
5:00p-8:00p	Member Open Gym
SUNDAY	
Time	Activity
7:00a-10:00am	Member Open Gym
10:00a-1:00p	<i>Member Full Court</i>
1:00p-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-6:30a	<i>Member Full Court</i>
6:30a-10:30a	Member Open Gym
11:00-12:00a	HomeSchool Gym Class
11:30a-10:00p	<b>FAMILY OPEN GYM</b>

TUESDAY	
Time	Activity
5:00a-9:15a	Member Open Gym
9:30a-10:00a	Little Sports (2-3 yrs)
10:00a-10:30a	Preschool
11:30p-12:30p	Member Open Gym
12:30-1:15p	Preschool Sports
1:30p-10:00p	<b>FAMILY OPEN GYM</b>

WEDNESDAY	
Time	Activity
5:00a-6:30a	<i>Member Full Court</i>
6:30a-12:00p	Member Open Gym
12:00p-10:00p	<b>FAMILY OPEN GYM</b>

THURSDAY	
Time	Activity
5:00a-10:15a	Member Open Gym
9:30a-10:30a	Y Kids Gym
10:30-11:30am	Preschool Sports
11:45a-10:00p	<b>FAMILY OPEN GYM</b>

FRIDAY	
Time	Activity
5:00a-6:30a	<i>Member Full Court</i>
6:30a-9:15a	Member Open Gym
9:30a-11:30a	Y Kids Gym
11:45a-10:00p	<b>FAMILY OPEN GYM</b>

SATURDAY	
Time	Activity
5:00a-8:15a	Boot camp
8:15a-9:15a	Member Open Gym
9:30a-10:00a	Little Sports (2-3 yrs)
10:00a-11:00a	Teammates
11:00a-5:00p	League Games
5:00p-8:00p	Member Open Gym
SUNDAY	
Time	Activity
7:00a-10:00a	Member Open Gym
10:00a-8:00p	<b>FAMILY OPEN GYM</b>

**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.