



FRY FAMILY YMCA GYM SCHEDULE

Fall 1 2018 (9/10-10/28) East Gym Schedule (by windows)

MONDAY	
Time	Activity
5a-5:30p	Open Gym
5:30-6:30pm	Basketball Practice
6:30-7:30pm	Volleyball Practice
9p-10p	Open Gym

TUESDAY	
Time	Activity
5a-5p	Open Gym
5-6pm	Basketball Practice
6:30-7:30p	Volleyball Practice
8:30-10:00p	Open Gym

WEDNESDAY	
Time	Activity
5a-6:30p	Open Gym
6:30-7:30p	Basketball Practice
7:30p-10p	Open Gym

THURSDAY	
Time	Activity
5:00a-5:00p	Open Gym
6-8pm	Volleyball Practice
8:30-10:00p	Open Gym

FRIDAY	
Time	Activity
5:00a-6:30p	Open Gym
6:30-8:30p	Basketball Practice
8:30-10:00p	Open Gym

SATURDAY	
Time	Activity
5a-9a	Open Gym
10a-2p	Basketball Games
5p-8a	Open Gym

SUNDAY	
Time	Activity
7a-9a	Open Gym
12-3pm	Volleyball Games
3p-8p	Open Gym

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

West Gym Schedule (non window side)

MONDAY	
Time	Activity
5a-7a	Open Gym
11:30p-12p	Preschool Open Gym
12-6p	Open Gym
5:30-7:30p	Basketball Practice
8:30-10:00p	Open Gym

TUESDAY	
Time	Activity
5a-7a	Open Gym
11:30p-12p	Preschool Open Gym
12-7p	Open Gym
7-8pm	Basketball Class
8-10p	Open Gym

WEDNESDAY	
Time	Activity
5a-7a	Open Gym
11:30p-12p	Preschool Open Gym
12-6:30p	Open Gym
6:30-7:30p	Basketball Practice
7:30-10p	Open Gym

THURSDAY	
Time	Activity
5a-7a	Open Gym
11:30p-12p	Preschool Open Gym
12-5p	Open Gym
5-7p	Basketball Practice
7-8p	Basketball Class
8-10p	Open Gym

FRIDAY	
Time	Activity
5a-11:30a	Open Gym
11:30p-12p	Preschool Open Gym
12-8p	Open Gym

SATURDAY	
Time	Activity
5a-8p	Open Gym

SUNDAY	
Time	Activity
7a-8p	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.