



FRY FAMILY YMCA GYM SCHEDULE

Summer 2018 (7/16-7/22)

East Gym Schedule *(by windows)*

MONDAY	
Time	Activity
5a-9:30a	Open Gym
9:30a-3p	Basketball Camp
3p-6p	Open Gym
6p-8:45p	Basketball D-League
9p-10p	Open Gym

TUESDAY	
Time	Activity
5a-9:30a	Open Gym
9:30a-3p	Basketball Camp
3p-4:30p	Open Gym
4:30-6:00p	Basketball Class
7:30-8:30p	Volleyball D-League
8:30-10:00p	Open Gym

WEDNESDAY	
Time	Activity
5a-9:30a	Open Gym
9:30a-3p	Basketball Camp
3p-5p	Open Gym
5p-8:45p	Basketball D-League
9p-10p	Open Gym

THURSDAY	
Time	Activity
5a-9:30a	Open Gym
9:30a-3p	Basketball Camp
3p-4:30p	Open Gym
4:30p-6p	Basketball Class
6:00-7:30pm	Open Gym
7:30-8:30p	Volleyball D-League
8:30-10:00p	Open Gym

FRIDAY	
Time	Activity
5:00a-5:30p	Open Gym
5:30-7:30p	Basketball Practice
7:30-8:30p	Volleyball D-League
8:30-10:00p	Open Gym

SATURDAY	
Time	Activity
5a-9a	Open Gym
9a-1p	D-League
1-4pm	Summer Basketball League
4-8pm	Open Gym

SUNDAY	
Time	Activity
5a-8p	Open Gym

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

West Gym Schedule

MONDAY	
Time	Activity
5a-7a	Open Gym
7a-6p	Day Camp
6-10p	Open Gym

TUESDAY	
Time	Activity
5a-7a	Open Gym
7a-6p	Day Camp
6-10p	Open Gym

WEDNESDAY	
Time	Activity
5a-7a	Open Gym
7a-6p	Day Camp
7:30-8:30pm	Basketball Practice
7:30-10pm	Open Gym

THURSDAY	
Time	Activity
5a-7a	Open Gym
7a-6p	Day Camp
6-10p	Open Gym

FRIDAY	
Time	Activity
5a-7a	Open Gym
7a-6p	Day Camp
6-7p	Basketball Practice
7-10p	Open Gym

SATURDAY	
Time	Activity
5a-9:30p	Open Gym
9:30a-10a	Preschool Sports Assorts
10a-8p	Open Gym

SUNDAY	
Time	Activity
8a-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.