



# FRY FAMILY YMCA GYM SCHEDULE

## Winter 2018 East Gym Schedule *(by windows)*

MONDAY	
Time	Activity
5:00a-7:30p	Member Open Gym
7:00-9:00p	Volleyball Practice
9:00-10:00p	Member Open Gym

TUESDAY	
Time	Activity
5:00a-4:00p	Member Open Gym
4:00-5:00p	Basketball Practice
5:00-9:00p	Volleyball Practice
9:00-10:00p	Member Open Gym

WEDNESDAY	
Time	Activity
5:00a-5:00p	Member Open Gym
5:30-8:30p	Basketball Practice
8:00a-10:00p	Member Open Gym

THURSDAY	
Time	Activity
5:00a-10:30a	Member Open Gym
10:45-11:30a	Preschool Sports
11:30-4:00p	Member Open Gym
6:30-7:30p	Volleyball Practice
7:30-8:30p	Basketball Practice
8:30-10:00p	Member Open Gym

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

SATURDAY	
Time	Activity
8:00-6:00pm	Bball League Games
6:00p-10:00p	Member Open Gym

SUNDAY	
Time	Activity
8:00a-12:00p	HS Basketball Games
2:00-5:00p	Volleyball Games
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	<b>FAMILY OPEN GYM</b>

TUESDAY	
Time	Activity
5:00a-11:00a	Member Open Gym
11:00a-11:30a	Preschool
12:00-3:00p	Member Open Gym
3:30p-4:00p	Preschool
6:00p-8:00p	Basketball Practice
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	<b>FAMILY OPEN GYM</b>
3:30p-4:00p	Preschool
4:00p-10:00p	<b>FAMILY OPEN GYM</b>

THURSDAY	
Time	Activity
5:00a-10:15a	Member Open Gym
9:30a-10:30a	Y Kids Gym
11:00a-11:30a	Preschool
11:45a-3:00p	<b>FAMILY OPEN GYM</b>
3:30p-4:00p	Preschool
4:00p-8:00p	<b>FAMILY OPEN GYM</b>
8:00p-10:00p	Adult Basketball

FRIDAY	
Time	Activity
5:00a-10:30a	Member Open Gym
11:00a-11:30a	Preschool
11:45a-3:00p	<b>FAMILY OPEN GYM</b>
3:30p-4:00p	Preschool
4:00p-10:00p	<b>FAMILY OPEN GYM</b>

SATURDAY	
Time	Activity
5:00a-10:15a	Member Open Gym
10:15a-11:00a	Teammates
11:00-6:00pm	Bball League Games
6:00p-10:00p	Member Open Gym

SUNDAY	
Time	Activity
8:00a-12:00p	HS Basketball Games
1:00p-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.