



GYMNASIUM SCHEDULE

APRIL-JUNE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
NEAR	FAR	NEAR	FAR	NEAR	FAR	NEAR	FAR	NEAR	FAR	NEAR	FAR	NEAR	FAR
Basketball 6-7	Pickleball 6-8:55	Body Shop 6-7	Pickleball 6-8:55	Basketball 6-7	Pickleball 6-8:55	Body Shop 6-7	Pickleball 6-8:55	Basketball 6-7	Pickleball 6-8:55	Open 7-8:30		Open 7-6	
Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Open 8:30-2	Cardio Blast 8:30-9:30	Open 9-6	
AOA Advanced Cardio (Karen) 9-9:55		Open 9-10:30	Open 9-10:30	AOA Advanced Cardio (Karen) 9-9:55		Open 9-11:30	Open 9-10:30	AOA Advanced Cardio (Karen) 9-9:55					
AOA Strength (Karen) 10-10:30		Adult Recess (Kerri) 10:30-11:30		AOA Strength (Karen) 10-10:30		Open 9-11:30	Pickleball 10:30-11:30	AOA Strength (Karen) 10-10:30					
SilverSneakers® Cardio Circuit II (Karen) 10:30-11:15				SilverSneakers® Cardio Circuit II (Karen) 10:30-11:15				Open 10:30-11:30					
Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2					
Open 2-4	Open 2-4:45	3 Cedars 1:30-3	Open 2-4:45	Open 2-4	Open 2-5	Open 2-6:30	Open 2-4	Open 2-6	Open 2-5	Youth BB League 2-6 (4/16-6/16)			
Fitness Blast (Jana) 4-4:45		Open 3-6		Youth Volleyball* 4-5 (Jen)									
Cardio Blast 5-5:45	Youth BB League 4:45-5:45 (4/16-6/16)		Youth BB League 4:45-5:45 (4/16-6/16)	Cardio Blast 5-5:45	Youth BB League* 5-6 pm (4/16-6/16)		Youth VB League 4-6pm (4/16-6/16)		Youth BB League 4:45-5:45pm (4/16-6/16)				
Itty Bitty Sports* (Jen) 6-7:15	Family Gym 6-7:15	Zumba (Damaris) 6-7		Itty Bitty Sports* (Jen) 6-7:15	Family Gym 6-7:15	Zumba (Damaris) 6:30-7:30		Family Fun Fridays* 6-8					
Adult Pick-up Basketball 7:15-9:45		Adult Open Volleyball 7:15-9:45		Adult Pick-up Basketball 7:15-9:45		Adult Open Volleyball 7:45-9:45		Adult Pick-up Basketball 8-9:45					

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. If an activity is not scheduled in the gym, it is considered open gym. Full court basketball games are reserved for Adult Basketball times. Please play half court during open gym times. For additional activities, see our Group Exercise Group Cycling, Active Older Adults and Aquatics schedules, in addition to our program guides. * see program guides fees & registration

GYM TERMINOLOGY

NEAR. The side of the gym closest to the entrance.

FAR. The side of the gym furthest from the entrance.

OPEN GYM. The near side of the gym is reserved for children and families. The far side of the gym is reserved for adults playing basketball. If one side is not in use, members are free to use either side.

FAMILY GYM. Time reserved specifically for families who want to stay active and play together. All other activities must yield if families or youth would like to play in the reserved space during the designated space.

GYMNASIUM RULES

- **All members are welcome** to participate in open gym times.
- **Please limit your play to one hoop.** If you are playing a basketball game and utilize more than one hoop, please make your game open to any member.
- **Practice shooting** at baskets when a game is in progress **is at your own risk.**
- **No slam-dunking,** hanging on the rim or hanging on the net.
- **Profanity and other disruptive behavior will not be tolerated.** Other disruptive behavior include but are not limited to: heckling, not leaving the court when you are supposed to or rehashing plays after the fact.
- **Do not eat in the gym or leave your trash** behind when you leave. Please place towels in provided receptacle. Respect is a YMCA value.
- **Failure to abide by court rules** and the YMCA's Code of Conduct may result in temporary or permanent suspension of YMCA membership privileges.

ADULT PICK-UP BASKETBALL RULES

- **If there are 15 or less players,** players may play full court, 5-on-5 games.
- **If there are 16 or more players,** players **MUST** play half court, 4-on-4 games.
- **First 10 people to make a free throw basket** make up the first two teams.
- First team to **11 points by 1's wins the game.** Must win by two.
- **Losing team comes off the court;** the next 5 players go on the court.
- If a **team wins two straight games, both teams leave the court** and 10 new players go on the court.
- **Players coming off the court must wait out** a game if other players are waiting to play, even if picked up by another team.
- **Calling Fouls:** Players should call a foul if hacked or knocked down, but in general players should expect some physical play as part of the game. In general, players do not call a foul on defense unless it is flagrant. Fouls do not result in free throws, just a stoppage in play and restarting play by throwing the ball in from the sideline.

CONTACT INFORMATION

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