JANUARY – FEBRUARY

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far
5am	Open 5-6		Open 5-6		Open 5-6		Open 5-6		Open 5-6					
5:30am														
6am	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 6-11:30	Basketball 6-7	Pickleball 6-8:55				
6:30am														
7am	Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-9	Pickleball 7-8	Open 7-9	
7:30am														
8am														
8:30am												$Youth Basketball League Games 8:30-2:30	$Individual Volleyball Training 9-2	Open 9-2
9am	AOA Cardio (Karen) 9-9:55		Open 9-10:30		AOA Cardio (Karen) 9-9:55		Open 9-10:30		AOA Cardio (Karen) 9-9:55		Open 9-12			
9:30am														
10am	AOA Cardio (Karen) 10-10:30				AOA Cardio (Karen) 10-10:30				AOA Strength (Karen) 10-10:30					
10:30am	Open 10:30-12		Adult Recess (Hope) 10:30-11:30	Open 10:30-11	Open 10:30-12				Open 10:30-12					
11am				$Ski Condition (Jana) 11-12			$Ski Condition (Jana) 11-12							
11:30am			Open 11:30-12					Open 11:30-12						
12pm	**Adult Pick-up Basketball 12-2		Open 12-4		**Adult Pick-up Basketball 12-2		Open 12-5		**Adult Pick-up Basketball 12-2		$Individual Volleyball Training 12-4			
1pm														
2pm	Open 2-4				Eastside Academy (Private Class) 2-4				Open 2-6				Open 2-7	
3pm														
4pm	Bellevue Badgers Basketball (Private Class) 4-5		$Bellevue Badgers Basketball (Private Class) 4-5		Eastside Academy (Private Class) 4-6	$Youth Basketball Practice 4-7					Open 4-7			
5pm	$Youth Basketball Practice 5-6		Open 5-6	$Itty Bitty Sports 5-7			Open 5-6	$Youth Basketball Practice 5-7						
5:30pm														
6pm	Open 6-8	Open 6-7	$Individual Volleyball Training 6-7		$Youth Volleyball Clinic 6-7		$Individual Volleyball Training 6-7		Family Gym Time 6-9:45					
6:30pm														
7pm		Cardio Blast 7-8	$Adult Volleyball Clinic 7-8		Open 7-8	Cardio Blast 7-8	$Adult Volleyball Clinic 7-8							
7:30pm														
8pm	**Adult Pick-up Basketball 8-9:45		Open 8-9:45		**Adult Pick-up Basketball 8-9:45		Open 8-9:45							
8:30pm														
9pm														
9:30pm														

OPEN: 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.** 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.
- **YOUTH.** Time reserved specifically for youth under 18.

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.
- **No loitering, dribbling or shooting during non-open gym times.** When both sides of the gym are being used for programs, the gym is closed to other members.

If there are 10 or more players, players MUST play half court, 1 on 1 games.

- **First 10 people to arrive** make up the first two teams.
- First team to **15 points by 1 & 2's wins the game**.
- **Losing team comes off the court:** the next group of 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 checking the ball.

ADULT OPEN VOLLEYBALL RULES

- **Minimum group of 6 people** must be present to request for net to be set up .
- **After 8pm**, adults and children **ages 14+ only.**
- **Games will be played 6 on 6,** with additional members rotating in as service changes.
- First team to **15 points wins the game**.

CONTACT INFORMATION

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