## General Information

- **Open Gym**: recreational time for members and guests to enjoy gym activities. **(ANY TIME SLOTS NOT SCHEDULED—WILL NOT BE LISTED ABOVE)**
- **Family Gym**: recreational time for family members to enjoy gym activities.
- **Half-Court Games**: may be used by any member or guest. Please be respectful and caring of others who wish to share the space. Space is based on a first come, first serve basis.
- **Child Care**: Reserved for children in the YMCA After School Program.
- **Power Pump**: Open to all members and guests for group exercise.
- **Closed**: Gym is closed for a specific court reservation, building closure and/or maintenance.

## Gymnasium Rules

- Must wear appropriate exercise clothing and athletic shoes at all times.
- Non-marking tennis shoes only allowed on the courts.
- YMCA Code of Conduct must be followed at all times. Use of profanity, instigation, or fighting can result in membership suspension and/or termination.
- No glass bottles.
- No hanging on rims or nets.
- Personal items should be kept in a locked locker. The YMCA is not responsible for lost and/or stolen items.
- Court reservations must be approved by YMCA personnel.

## Gym Schedule

### West Court
- **Half Court Games**:
  - Monday: 12:00-5:00pm
  - Tuesday: 5:00am-9:00pm
  - Wednesday: 5:00am-9:00pm
  - Thursday: 5:00am-9:00pm
  - Friday: 5:00am-8:00pm
  - Saturday: 7:00am-5:00pm

### East Court
- **Open Volleyball**: Grades 5-12
  - Monday: 12:00-2:00pm, 4:00-5:00pm
  - Tuesday: 2:00-4:00pm
  - Wednesday: 2:00-4:00pm
  - Thursday: 2:00-4:00pm
  - Friday: 2:00-4:00pm

- **Child Care**:
  - Monday: 4:00-5:30pm
  - Tuesday: 4:00-5:30pm
  - Wednesday: 4:00-5:30pm
  - Thursday: 4:00-5:30pm
  - Friday: 4:00-5:30pm

- **Power Pump**:
  - Monday: 9:30-10:30am
  - Tuesday: 4:30-5:30pm
  - Wednesday: 4:30-5:30pm
  - Thursday: 4:30-5:30pm
  - Friday: 8:00-8:45am

- **Family Gym**:
  - Monday: 5:30-9:00pm
  - Tuesday: 5:30-9:00pm
  - Wednesday: 5:30-9:00pm
  - Thursday: 5:30-8:00pm
  - Friday: 5:30-8:00pm
  - Saturday: 9:00am-5:00pm

### Reserve for Navigators
- Monday: 2:45-4:45pm

### GYM SCHEDULE IS SUBJECT TO CHANGE BASED ON PROGRAM NEEDS.