

# HILLCREST FAMILY YMCA GYM SCHEDULE

## JULY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6 AM	Adult OPEN Gym 6AM-9AM	Adult OPEN Gym until 7:45AM	ADULT OPEN GYM	Adult OPEN Gym until 7:45AM	OPEN GYM	Family Open Gym until 7:45AM	
	7 AM							
	8 AM		Fitness after 50 Ester 8AM TO 8:50AM		Fitness after 50 Ester 8AM TO 8:50AM		Fitness After 50 8:15-9:05AM	
	9 AM	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER YOUTH BASKETBALL LEAGUES STARTS 7/12/2024 9:30AM -1:30PM	OPEN GYM 8AM - 1:45PM
	10 AM	SILVER SNEAKERS CLASSIC KATHRYN 10:10-11AM	MOBILITY AND FLEXIBILTY 10-10:50AM	SILVER SNEAKERS CLASSIC 10-10:50AM	MOBILITY AND FLEXIBILITY 10-10:50AM			
	11 AM	SUMMER CAMP		SILVER SNEAKERS 11:30AM - 12:30PM				
	12 PM							
<b>AFTERNOON</b>	1 PM	\$PICKLEBALL 1-3PM	SUMMER CAMP	\$PICKLEBALL 1 - 3PM	SUMMER CAMP	\$PICKLEBALL 1-3PM	FAMILY OPEN GYM 1:45PM - 4:45PM	
	2 PM							
	3 PM	SUMMER CAMP		SUMMER CAMP		SUMMER CAMP		
	4 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
	5 PM	STARTING 7/8 SUMMER LEAGUE PRACTICES 5PM TO 8:30PM	SUMMER LEAGUE PRACTICES 6PM TO 8:30PM	OPEN GYM	STARTING 7/8 SUMMER LEAGUE PRACTICES 6PM TO 7:15PM	OPEN GYM		
6 PM								
<b>EVENING</b>	7 PM	LEAGUE PRACTICES FROM 6PM TO 8:30PM	LEAGUE PRACTICES 6PM TO 8:30PM	OPEN GYM	OPEN GYM	OPEN GYM	<p><b>PLEASE NOTE</b>  <b>GYM AVAILABILITY IS SUBJECT TO CHANGE</b></p> <p>Summer Camp will be held in the Gym from 9AM - 4PM</p> <p>STARTING : Summer JULY 7/8/2024 Basketball League/Practices will be held in the gym</p> <p>Mon: 5-8PM                      Tue&amp;Thurs: 6-7:15PM</p> <p><u>Games</u>                      Sat: 9:30AM - 12:30PM</p>	
	8 PM							
	8:45pm	Gym closes @ 8:45PM	Gym closes @8:45PM	GYM CLOSES @8:45PM	GYM closes @ 8:45PM	Gym closes @ 8:45PM		



## Gym Schedule

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# Gym Rules

1. Must have appropriate footwear.
  2. Must always wear shirt and shoes at all times.
  3. No food or drinks in the gym. **(Water in sealed bottles only).**
  4. No Dunking or Hanging off the rims.
  5. **No foul language, fighting, foul play or aggressive behavior. Any misconduct and you will be asked to leave the premises.**
  6. Secure your valuables or leave them at home. The YMCA is not responsible for belonging that are lost or stolen.
  7. During designated class/event times, the gym is not available for open gym.
- Children 12 and under must be accompanied by a parent/guardian.
8. Open Gym is available for any time that is not a designated for classes or events.
  9. Please respect all equipment in the gym, return all borrowed basketballs to the front desk.
  10. **NO MUSIC** is to be played in the gym unless you are renting the gym for an event or class.

### Hillcrest Family YMCA Branch

5000 Mayfield Rd

Lyndhurst, Oh 44124

**P:** 216-382-4300

**[www.clevelandymca.org](http://www.clevelandymca.org)**