



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST PARK FAMILY YMCA JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-10:15am Open Gym	6am-10:15am Open Gym	6am-4PM Open Gym	6am-10:15am Open Gym	6am-10:15am Open Gym		Gym closed for ABBL
8:30am-11am Pickleball open play		8am-10am Pickleball open play		**9:15-Stroller Walk if weather is bad	8am-9:30am Open Gym	
		10am-5:30PM Open Gym				
11:15am-12pm Pre-School	10:30am- 11:30am Silver Sneakers		10:30am- 11:30am Silver Sneakers	10:30am- 11:30am Pre-School	Pickleball open play 10:00am-1pm	
12pm-4:00pm Open Gym	11:30am-5:45 pm Open Gym		11:30am-5:20 pm Open Gym	11:30am-4:00pm Open Gym	1pm-2pm Family gym	
Family Gym 4pm-5pm		4pm-5pm Childcare/Yclub		Family gym 4pm-5pm	2pm-3:45pm Open Gym	
Open Court 5pm-8:45pm	6pm-7:00pm Bootcamp					
	7-8:45pm Open Gym	5:45pm-7:30pm Youth Soccer Only indoor if raining	6:15-8:30 pm Open gym	Open Gym 6pm- 8:45pm		
		Open gym 6pm-8:45pm				
8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	3:30-3:45pm CLEANING	3:30-3:45pm CLEANING

OPEN GYM IS MEMBERS ONLY
NO EATING IN THE GYM
PLEASE PICK-UP/CLEAN UP AFTER PLAY



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GENERAL RULES:

1. Must check in at the Welcome Center.
2. Must follow age guidelines provided below.
3. Must have appropriate footwear (i.e. athletic shoes, no black soles)
4. Must wear shirt and shoes at all times.
5. Hats, hoodies and sunglasses may not be worn inside the building.
6. No food or drinks in the gym. Water in a sealed bottle (water bottle, no cups) is allowed.
7. No dunking or hanging on the rims.
8. Please do not kick balls in the gym.
9. As a family facility, we expect all players to act within the boundaries of the Y core values of honestly, respect, responsibility and caring. Please no foul language, physical play, etc.
10. Please keep your valuables at home; the YMCA is not responsible for belongings that are lost or stolen.
11. Gym may be designated for volleyball or basketball. During designated volleyball time, basketball will not be available and vice versa.

FAMILY OPEN GYM:

1. Must follow all General Rules.
2. Children 12 and under must be accompanied by a parent/guardian.
3. Families will be given priority over pick-up games during family hours.

Open Gym is currently only servicing members