

HILLCREST FAMILY YMCA GYM SCHEDULE

SEPTEMBER 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	Adult OPEN Gym 6AM-10AM	Adult OPEN Gym until 7:45AM	ADULT OPEN GYM 6AM TO 9:50AM	Adult OPEN Gym until 7:45AM	OPEN GYM 6AM TO 1PM		
	7 AM		Adult OPEN Gym until 7:45AM					
	8 AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Fitness After 50 Ester 8:15AM TO 9AM		Adult Open Gym until 9AM	
	9 AM		OPEN GYM		OPEN GYM			
	10 AM		SILVER SNEAKERS CLASSIC Kathryn 10:10-11AM		MOBILITY AND FLEXIBILTY Sarah 10-10:50AM		SILVER SNEAKERS CLASSIC Wanetta 10-10:50AM	MOBILITY AND FLEXIBILITY Sarah 10-10:50AM
	11 AM							
	12 PM	OPEN GYM 11:15-12:55PM		SILVER SNEAKERS Wanetta 11:30AM - 12:30PM			ADULT / FAMILY OPEN GYM 9AM TO 4:30PM	
AFTERNOON	1 PM							
	2 PM	\$PICKLEBALL 1PM-3PM		\$PICKLEBALL 1PM - 3PM		\$PICKLEBALL 1PM-3PM		
	3 PM		OPEN GYM					
	4 PM		11AM TO 8:30PM		OPEN GYM 11AM TO 8:30PM			
EVENING	5 PM						<p>PLEASE NOTE GYM AVAILABILITY IS SUBJECT TO CHANGE</p> <p>*PLEASE NOTE* STARTING : Oct 2024 Jr Cavs League/Practices will be held in the gym Times / Practice Locations TBD</p> <p>PLEASE TAKE NOTE TO THE GYM TIME CLOSING SCHEDULES DURING THE WEEK AND WEEKENDS</p>	
	6PM	OPEN GYM 3PM to 8:30PM		OPEN GYM 3PM TO 8:30PM		OPEN GYM 3PM TO 8:30PM		
	7 PM							
	8 PM							
	8:30pm	Gym closes @ 8:30PM	Gym closes @8:30PM	GYM CLOSES @8:30PM	GYM closes @ 8:30PM	Gym closes @ 8:30PM		



Gym Schedule

Hillcrest Family YMCA 2024

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

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www.clevelandymca.org