

HILLCREST FAMILY YMCA GYM SCHEDULE

DECEMBER 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								
	8 AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Adult Open Gym until 9AM		
	9 AM		OPEN GYM 9:10AM to 10AM		OPEN GYM 9:10 TO 10AM				
	10 AM	SILVER SNEAKERS CLASSIC Kathryn 10:10-11AM	MOBILITY AND FLEXIBILTY Sarah 10-10:50AM	SILVER SNEAKERS CLASSIC 10-10:50AM	MOBILITY AND FLEXIBILITY Sarah 10-10:50AM				FAMILY OPEN GYM 8AM TO 1:30PM
	11 AM	OPEN GYM 11:15-12:55PM	Open GYM 11am -12noon	SILVER SNEAKERS 11:30AM - 12:30PM	Open GYM 11am -12pm			ADULT / FAMILY OPEN GYM 9AM TO 4:30PM	
	12 PM				\$GYM CLOSED				
AFTERNOON	1 PM	\$PICKLEBALL 1PM-3PM	\$GYM CLOSED	\$PICKLEBALL 1PM - 3PM	From 12pm TO 1:30pm	\$PICKLEBALL 1PM-3PM			
	2 PM		From 12PM TO 1:30PM		Open Gym 1:30PM TO 6PM				
	3 PM		Open Gym 1:30PM TO 6PM		\$Jr Cavs				
	4 PM		OPEN GYM 3PM TO 5PM		\$Jr Cavs Practices from 6PM TO 7PM				Practices 6pm to 7pm
EVENING	5 PM	5PM TO 7PM		FAMILY OPEN GYM 3PM TO 8:30PM	FAMILY OPEN GYM 7PM TO 8:30PM	OPEN GYM 3PM TO 8:30PM	<p>PLEASE NOTE GYM AVAILABILITY IS SUBJECT TO CHANGE *PLEASE NOTE*</p> <p>\$Closed Gym Tuesdays & Thursdays 12-1:30pm</p> <p>\$Jr Cavs League/Practices will be held in the gym</p> <p>*SPECIAL NOTE*</p> <p>GYM WILL BE CLOSED 12/7/2024 9AM -2PM</p>		
	6 PM	\$Jr Cavs Practices	FAMILY OPEN GYM 7-8:30PM						
	7 PM	FAMILY OPEN GYM 7PM TO 8:30PM							
	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 will be closed during practices"



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