

HILLCREST FAMILY YMCA GYM SCHEDULE

NOVEMBER 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		OPEN GYM 8AM - 1:30PM
	7 AM							
	8 AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Fitness After 50 Ester 8:15AM TO 9:05AM			
	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 Wanetta 10-10:50AM	MOBILITY AND FLEXIBILITY Sarah 10-10:50AM			
	11 AM	OPEN GYM 11:15-12:55PM	Open GYM	SILVER SNEAKERS Wanetta 11:30AM - 12:30PM	Open GYM			
	12 PM							
AFTERNOON	1 PM	\$PICKLEBALL 1PM-3PM	11am -12noon	\$PICKLEBALL 1PM - 3PM	11am -12pm	\$PICKLEBALL 1PM-3PM	ADULT / FAMILY OPEN GYM 9AM TO 4:30PM	
	2 PM		\$GYM CLOSED		\$GYM CLOSED			
	3 PM		From 12PM TO 1:30PM		From 12pm TO 1:30pm			
	4 PM		Open Gym 1:30PM TO 6PM		Open Gym 1:30 to 6pm			
EVENING	5 PM	OPEN GYM 3PM TO 5PM	\$Jr Cavs Practices from 6PM TO 7PM	OPEN GYM 3PM TO 6PM	\$Jr Cavs Practices 6pm to 7pm	OPEN GYM 3PM TO 8:30PM	PLEASE NOTE GYM AVAILABILITY IS SUBJECT TO CHANGE *PLEASE NOTE* \$Closed Gym Tuesdays & Thursdays 12-1:30pm \$Jr Cavs League/Practices will be held in the gym \$Volleyball Skills Classes Tuesdays/Thursdays 7-830pm "Gym will be closed during practices"	
	6 PM	5PM TO 7PM	\$Volleyball Skills Class 7-8:30PM	\$Jr Cavs Practices 6PM TO 8PM	\$Jr Cavs Practices			
	7 PM	\$Jr Cavs Practices	Open Gym 7:15PM TO 8:30PM	OPEN GYM 8PM TO 830PM	\$Volleyball Skills Class 7-830PM			
	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

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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

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Lyndhurst, Oh 44124

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www.clevelandymca.org