

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			
	12 PM		\$GYM CLOSED	\$GYM CLOSED	ADULT / FAMILY OPEN GYM 9AM TO 4:30PM			
AFTERNOON	1 PM	\$PICKLEBALL 1PM-3PM	From 12PM TO 1:30PM	\$PICKLEBALL 1PM - 3PM	From 12pm TO 1:30pm	\$PICKLEBALL 1PM-3PM		
	2 PM		Open Gym 1:30PM TO 6PM		Open Gym 1:30 to 6pm			
	3 PM		\$Jr Cavs Practices		\$Jr Cavs			
	4 PM		OPEN GYM 3PM TO 5PM	OPEN GYM 3PM TO 6PM	Practices 6pm to 7pm			
	5 PM	5PM TO 7PM	from 6PM TO 7PM	\$Jr Cavs	FAMILY OPEN GYM 7PM TO 8:30PM			
EVENING	6 PM	\$Jr Cavs Practices	FAMILY OPEN GYM 7 TO 8:30PM	6PM TO 8PM	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>	
	7 PM	FAMILY OPEN GYM 7PM TO 8:30PM	GYM 7 TO 8:30PM	OPEN GYM 8PM TO 8:30PM				
	8 PM							
	8:30pm	GYM CLOSSES@ 8:30PM	GYM CLOSSES @8:30PM	GYM CLOSSES @8:30PM	GYM CLOSSES @ 8:30PM			GYM CLOSSES@ 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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www.clevelandymca.org