



GYM COURT 1 SCHEDULE

CENTRAL YMCA

FALL | SEPTEMBER-DECEMBER 2018

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

5:30 – 8:00am Closed	5:30–11:00am Half Court Games	5:30–11:30am Half Court Games	5:30–11:00am Half Court Games	5:30–2:25pm Half Court Games	5:30–11:00am Half Court Games	5:30–6:30am Closed
8:00–9:00am Half Court Games	11:00am–1:55pm Full Court: Pick Up Games	11:30am–2:25pm Full Court: Pick up Games	11:00am–1:55pm Full Court: Pick Up Games	2:30–3:30pm Homeschool P.E.	11:00am–1:55pm Full Court: Pick Up Games	6:30–8:00am Half Court Games
9:00am–12:00pm Full Court: Pick Up Games	2:00–7:00pm Half Court Games	2:30–3:30pm Homeschool P.E.	2:00–5:55pm Half Court Games	3:30–5:25pm Half Court Games	2:00–4:55pm Half Court Games	8:00am–7:00pm ● Closed: Youth Sports Games
12:00–5:00pm Closed: Private Basketball Lessons	7:00–10:00pm Full Court: Pick Up Games	3:30–4:55pm Half Court Games	6:00–8:00pm ● Closed: Youth Sports Practice	5:30–7:30pm ● Closed: Youth Sports Practice	5:00–9:00pm ● Closed: Youth Sports Practice	7:00–7:30pm Half Court Games
5:00–7:30pm Half Court Games		5:00–8:00pm ● Closed: Youth Sports Practice	8:00–9:00pm Family Gym	7:30–8:30pm Family Gym	9:00–10:00pm Family Gym	
		8:00–10:00pm Full Court: Pick Up Games	9:00–10:00pm Full Court: Pick Up Games	8:30–10:00pm Full Court: Pick Up Games		

GENERAL INFORMATION

Family Gym: recreational time for family members to enjoy any activity of their choice.

Half Court Games: may be used by any member or guest. Please be respectful and caring of others who wish to share the space. Space is based on a first come first serve basis.

Full Court: Pick Up Games: available for pick-up games with rules and time limits (ages 13+). Space is based on a first come first serve basis. Players will call their own fouls.

Closed: gym is closed for specified and ongoing programming.

GYMNASIUM RULES

- Must wear appropriate exercise clothing and athletic shoes at all times.
- Non-marking tennis shoes only allowed on the courts.
- No profanity, instigation, or fighting. This can result in membership suspension and/or termination.
- No glass bottles.
- No hanging on rims or nets.
- Please refrain from bringing own gym bags into the gym.
- Non Y private coaching, training, team practices, or skills clinics are not allowed at any time.
- Youth under 11 years of age must be supervised by an adult.

COURT 2 SCHEDULE →

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FALL | SEPTEMBER–DECEMBER 2018

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5:30–8:00am Closed	5:30–9:00am Family Gym	5:30–10:30am Family Gym	5:30–9:00am Family Gym	5:30–10:30am Family Gym	5:30–9:00am Family Gym	5:30–6:30am Closed
8:00–9:00am Family Gym	9:00–10:00am Closed: Boot Camp ●	10:30–11:30pm Closed: Adapted P.E. ●	9:00–10:00am Closed: Boot Camp ●	10:30–11:30am Closed: Adapted P.E. ●	9:00–10:00am Closed: Boot Camp ●	6:30–8:00am Family Gym
9:00am–12:00pm Full Court: Pick Up Games	10:00–11:00am Family Gym	11:30am–2:25pm Full Court: Pick Up Games	10:00–11:00am Family Gym	11:30am–2:25pm Family Gym	10:00–11:00am Family Gym	8:00am–7:00pm Closed: Youth Sports Games ●
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	7:00–10:00pm Full Court: Pick Up Games	5:00–8:00pm Closed: Youth Sports Practice ●	6:00–8:00pm Closed: Youth Sports Practice ●	5:30–7:30pm Closed: Youth Sports Practice ●	5:00–9:00pm Closed: Youth Sports Practice ●	
		8:00–10:00pm Full Court: Pick Up Games	8:00–9:00pm Family Gym	7:30–8:30pm Family Gym	9:00–10:00pm Family Gym	
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KEY

- **Exercise Class:** Private Programming for group exercise class.
- **Homeschool PE:** Private Programming for youth 5–16 years old who are homeschooled.
- **Youth Sports League: Summer Season:**

NOTE

All sports will turn into half court games (court 1) or family gym (court 2) when youth sports is not in session. The schedule is subject to change based on program needs.

GYM CLOSURES, HOLIDAYS & REDUCED HOURS

October 7	Rock and Roll Marathon	1:30–7:30pm
November 22	Thanksgiving Day	6:30am–12:00pm
December 24	Christmas Eve	6:30am–12:00pm
December 25	Christmas Day	CLOSED
December 31	New Year's Eve	8:00am–12:00pm
January 1	New Year's Day 2018	12:00pm–7:30pm
April 1	Easter Sunday	8:00am–12:00pm
May 26	Memorial Day	6:30am–12:00pm
July 4	Independence Day	CLOSED
Aug 26–Sept 3	Annual Closure	CLOSED