

# FALL 2017

## RITE-HITE FAMILY YMCA

### GYM SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Cardio Funk	5am-1pm *Open Gym	5:30-6:15am Cardio Funk	5-9:30am Open Gym	5-11:30am *Open Gym	6:30-9am Open Gym	8-11am Open Gym
6:15-8am Open Gym	1-2pm Advanced Play Pickleball	6:15-8am Open Gym	9:30-11:30am Open Play Pickleball	11:30am-1:30pm Adult Basketball	9-10am Zumba	11am-2pm Open Play Pickleball
8-10am Open Play Pickleball	2-4pm Open Play Pickleball	8-10am Open Play Pickleball	11:30am-1pm Pickleball Lessons	2-4pm Open Play Pickleball	10:00am-Noon Basketball Skills	2pm-6:45pm Open Gym
10-11:30am *Open Gym	4-Close Open Gym	10-11:30am Open Gym	1-5:30pm Open Gym	4:00pm-Close Open Gym	Noon-Close Open Gym	
11:30-1:30pm Adult Basketball	5:00-5:30 School Age ½ Gym	11:30am-1:30pm Adult Basketball	5:30-6:45pm Volleyball ½	4:30-5:30pm School Age ½ Gym		
2-4pm Beginner Pickleball		2-4pm Beginner Pickleball	5:30-6:45pm ½ Open gym			
4:00-Close Open Gym		4:00-Close Open Gym	6:45-Close Open Gym			
5:00-5:30 School Age ½ Gym		5:00-5:30pm School Age ½ Gym				

#### Rite-Hite Family YMCA Gym Rules

- Gym bags and other personal belongings are not to be kept in the gym.
- Children under the age of 8 must be accompanied by an adult at all times while in the YMCA
- No dunking, grabbing the rims or nets
- No inappropriate use of equipment
- Be respectful of others by refraining from the use of profanity, fighting, excessive yelling or unsportsman-like conduct
- Full court games are NOT permitted during open gym times
- All competitors, of any skill levels, are allowed an equal opportunity for gym use and to become involved in any activities taking place during OPEN GYM times
- Report all injuries to a staff member on duty
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises
- The gym schedule is subject to change at any time

\*Indicates other activities occurring in the gym during this time

\*Rain days may change gym schedule