

WINTER 2018 RITE-HITE FAMILY YMCA GYM SCHEDULE



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|--|---|---|--|--|--|
| 5:30-6:15am Cardio Funk | 5am-1pm *Open Gym | 5:30am-6:15am Cardio Funk | 5am-9:30am Open Gym | 5am-11:30am *Open Gym | 6:30-9am Open Gym | 8-11am Open Gym |
| 6:15-8am Open Gym | 10am-10:30am Kids Club ½ Gym Open Gym ½ Gym | 6:15am-8am Open Gym | 9:30-11:30am Open Play Pickleball | 10:30am-11am Kids Club ½ Gym | 9-10am Zumba | 11am-2pm Open Play Pickleball |
| 8am-10am Open Play Pickleball | 1pm-2pm Advanced Play Pickleball | 8am-10am Open Play Pickleball | 11:30am-1pm Pickleball Lessons | 11:30am-1:30pm Adult Basketball | 10am-12pm Basketball Skills Classes | 2pm-6:45pm Open Gym |
| 10am-11:30am *Open Gym | 2pm-4pm Open Play Pickleball | 10am-11:30am Open Gym | 1pm-5pm Open Gym | 2pm-4pm Open Play Pickleball | 12pm-4pm Junior Bucks Basketball League | |
| 10am-10:30am Kids Club | 4pm-8:45pm *Open Gym | 11:30am-1:30pm Adult Basketball | 5pm-5:30pm School Age ½ Gym | 4pm-6pm School Age ½ Gym | 4-6:45pm Open Gym | |
| 11:30am-1:30pm Adult Basketball | 5pm-5:30pm School Age ½ Gym | 2pm-4pm Beginner Pickleball | 5:30pm- 8:45pm Open Gym | 4pm-8:45pm *Open Gym | | |
| 2pm-4pm Beginner Pickleball | 6:30pm-7:30pm Bavarian's Soccer Club ½ Gym | 4pm-5:00pm *Open Gym | | | | |
| 4pm-8:45pm *Open Gym | | 5pm-5:30pm School Age ½ Gym | | | | |
| 5pm-5:30pm School Age ½ Gym | | 5:30pm-6:30pm Bavarian's Soccer Club (Whole Gym) | | | | |
| | | 6:30pm-8:45pm Open Gym | | <u>\$5 Gym Day Pass Available During Open Gym Hours</u> | <u>\$5 Gym Day Pass Available During Open Gym Hours</u> | <u>\$5 Gym Day Pass Available During Open Gym Hours</u> |

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