



RITE-HITE FAMILY YMCA GYM SCHEDULE WINTER 2019 (DEC. 30-JAN. 5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am Open Gym	8am-12:45pm Open Gym	8am-12:45pm Open Gym	5-9:30am Open Gym	5-10am Open Gym	5am-6:45pm Open Gym	8-11am Open Gym
			9:30-11:30am Open Play Pickleball	10-11:30am Family Gym		11-2pm Open Play Pickleball
8-10am Open Play Pickleball			11:30am-1pm Pickleball Lessons	11:30am-1:30pm Adult Basketball		2-6:45pm Open Gym
10-11am Schools Out			1-3pm Family Gym	2pm-4pm Open Play Pickleball		
11-11:30am Family Gym			3-8:45pm Open Gym	4-8:45pm Open Gym		
11:30am-1:30pm Adult Basketball						
2-4pm Beginner Pickleball						
4:00-8:45pm Open 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
- 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

**Gym may be closed occasionally for special events.