



FALL 2023 Gym Schedule

RITE-HITE FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym** 5:00-9:00 AM	Open Gym** 5:00-9:00 AM	Open Gym** 5:00-9:00 AM	Open Gym** 5:00-9:00 AM	Open Gym** 5:00-9:00 AM	
Open Pickleball 8:00-10:00 AM	Open Pickleball 9:00-11:30 AM	Open Pickleball 9:00-10:30 AM	Soccer Classes* 9:00-9:30 AM 9:30-10:15 AM	Open Pickleball 9:00-11:00 AM	Open Pickleball 9:00-11:30 AM	Open Gym** 7:00-9:00 AM
Family Open Gym** 10:00-11:00 AM	Adult Basketball (18+) 11:30 AM-1:00 PM	Advanced Pickleball 10:30 AM-12:30 PM	Family Open Gym** 10:30-11:30 AM	Pickleball Lessons* 11:00 AM-12:30 PM	Adult Basketball (18+) 11:30 AM-1:00 PM	ZUMBA* 9:00-10:00 AM
Family Pickleball Lessons* 12:00-1:30 PM	Open Pickleball 1:00-3:00 PM	Beginner Pickleball 12:30-2:30 PM	Adult Basketball (18+) 11:30 AM-1:00 PM	Beginner- Intermediate Pickleball 12:30-2:00 PM	Open Pickleball 1:00-3:00 PM	Open Gym** 10:00 AM-1:00 PM
Open Pickleball 1:30-3:00 PM	Open Gym** 3:00-4:00 PM	Open Gym** 2:30-5:30 PM	Open Pickleball 1:00-3:00 PM	Open Gym** 2:00-4:00 PM	Open Gym** 3:00-5:00 PM	Family Open Gym** 1:00-3:00 PM
Open Gym** 3:30-6:00 PM	Basketball Skills Classes* 4:00-4:30 PM 4:30-5:15 PM 5:15-6:15 PM 6:15-7:30 PM	Pickleball Lessons* 5:30-7:00 PM	Open Gym** 3:00-6:00 PM	Basketball Skills Classes* 4:00-4:30 PM 4:30-5:15 PM 5:15-6:15 PM 6:15-7:30 PM	Open Gym** 5:00-8:00 PM	Open Gym** 3:00-6:00 PM
	Youth Basketball Open Play 7:30-8:30 PM	Open Pickleball 7:00-10:00 PM	Open Basketball 6:00-10:00 PM	Youth Basketball Open Play 7:30-8:30 PM	Adaptive Open Gym (Once a month) 5:00-8:00 PM	
	Adult Basketball (18+) 8:30-10:00 PM			Adult Basketball (18+) 8:30-10:00 PM		

*Reserved for scheduled programs. **Reserved for Open Gym (No cross-court basketball).

**Gym RESERVED for School's Out Days from 3:00-4:00 PM on the following dates:
SEPT 25 & 29, OCT 16, 20 & 27, NOV 17 & 22-24, DEC 4, 22 & 26-29.**

Gym RESERVED for Adaptive Open Gym on FRI, SEPT 15, OCT 20, NOV 17 & DEC 15 from 5:00-8:00 PM.

- Gym use for Y members or paid program participants only. See website for details on program prices.
- No gym bags and other personal belongings in the gym. Please secure your personal belongings in a locker while at the Y.
- No dunking or grabbing on the rims or nets at any time.
- Proper athletic attire and non-marking athletic shoes must be worn at all times.
- No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.
- Be respectful of others. No use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and unsportsman-like conduct.
- All competitors, of any age or skill level, are allowed an equal opportunity for gym use during Open Gym times
- Report all injuries to a staff member on duty.
- The Y may adjust the gym schedule at any time to meet program needs.
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.