



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 Gym** 7:00-9:00 AM
Open Pickleball* 8:00-10:00 AM	Open Pickleball* 9:00-11:30 AM	Homeschool Club* 9:00-10:30 AM	Soccer Lessons 9:00-10:30 AM	Homeschool Club* 9:00-10:30 AM	Open Pickleball* 9:00-11:30 AM	ZUMBA* 9:00-10:00 AM
Family Open Gym** 10:00-11:00 AM		Advanced Pickleball* 10:30 AM-12:30 PM	Family Open Gym 10:30-11:30 AM	Pickleball Lessons* 11:00 AM-12:30 PM		Open Gym** 10:00 AM-1:00 PM
Family Pickleball Lessons 12:00-1:30 PM	Adult Basketball*** 11:30 AM-1:00 PM		Adult Basketball*** 11:30 AM-1:00 PM		Adult Basketball*** 11:30 AM-1:00 PM	
Open Pickleball* 1:30-3:00 PM	Open Pickleball* 1:00-3:00 PM	Beginner Pickleball* 12:30 - 2:30 PM	Open Pickleball* 1:00-3:00 PM	Beginner-Intermediate Pickleball* 12:30-2:00 PM	Open Pickleball* 1:00-3:00 PM	Family Open Gym 1:00-3:00 PM
	Open Gym** 3:00-4:00 PM			Open Gym** 2:00-4:00 PM		
Open Gym** 3:30-6:00 PM		Open Gym** 2:30-5:30 PM	Open Gym** 3:00-6:00 PM		Open Gym** 3:00-5:30 PM	Open Gym** 3:00-6:00 PM
	Basketball Skills Classes 4:00-7:30 PM	Pickleball Lessons* 5:30-7:00 PM		Basketball Skills Classes 4:00-7:30 PM		
	Youth Basketball Open Play 7:30-8:30 PM		Open Basketball 6:00-10:00 PM	Youth Basketball Open Play 7:30-8:30 PM	Open Gym** 5:30-8:00 PM	
	Adult Basketball*** 8:30-10:00 PM	Open Pickleball* 7:00-10:00 PM		Adult Basketball*** 8:30-10:00 PM	Adaptive Open Gym (once a month) 5:30-8:00 PM	

*Reserved for scheduled programs. **Reserved for Open Gym (No cross-court basketball). ***Reserved for Adult Basketball (18 & up).

**Schools Out Programming will use the gym from 3:00-4:00 PM on the following dates:
9/25, 9/29, 10/16, 10/20, 10/27, 11/17, 11/22, 11/23, 11/24, 12/4, 12/22, 12/26, 12/27, 12/28, 12/29**

**Open Gym Adaptive Programs will use the gym from 5:00-8:00 PM on the following Fridays:
9/15, 10/20, 11/17, 12/15, 1/19, 2/16, 3/15, 4/19, 5/17**

- Gym use for YMCA 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.