



Summer 2024 Gym Schedule

RITE-HITE FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym* 5:00-7:00 AM Camp uses the gym if weather is inclement.	Open Gym* 5:00-7:00 AM Camp uses the gym if weather is inclement.	Open Gym* 5:00-7:00 AM Camp uses the gym if weather is inclement.	Open Gym* 5:00-7:00 AM Camp uses the gym if weather is inclement.	Open Gym* 5:00-7:00 AM Camp uses the gym if weather is inclement.	
	Adult Basketball (18+) 7:00-9:00 AM Camp uses the gym if weather is inclement.	Adult Basketball (18+) 7:00-9:00 AM Camp uses the gym if weather is inclement.	Adult Basketball (18+) 7:00-9:00 AM Camp uses the gym if weather is inclement.	Adult Basketball (18+) 7:00-9:00 AM Camp uses the gym if weather is inclement.	Adult Basketball (18+) 7:00-9:00 AM Camp uses the gym if weather is inclement.	Open Pickleball* 7:00 AM - 12:00 PM
Open Pickleball* 8:00 AM - 12:00 PM	Beginner Pickleball* 9:00-10:30 AM	Open Gym* 9:00 AM - 12:00 PM	Beginner Pickleball* 9:00-10:30 AM	Open Gym* 9:00 AM - 12:00 PM	Beginner Pickleball* 9:00-10:30 AM	
	Open Pickleball* 10:30 AM - 12:00 PM		Open Pickleball* 10:30 AM - 12:00 PM		Open Pickleball* 10:30 AM - 12:00 PM	
Family Open Gym* 12:00-2:00 PM	Adult Basketball (18+) 12:00-1:30 PM	Open Pickleball* 12:00-2:00 PM	Adult Basketball (18+) 12:00-1:30 PM	Open Pickleball* 12:00-2:00 PM	Adult Basketball (18+) 12:00-1:30 PM	Family Open Gym* 12:00-2:00 PM
	Open Basketball 2:00-4:00 PM		Open Pickleball* 1:30-3:30 PM		Advanced Pickleball* 2:00-3:30 PM	
		Open Gym* 3:30-6:00 PM Camp uses the gym if weather is inclement.	Open Gym* 3:30-6:00 PM Camp uses the gym if weather is inclement.	Open Gym* 3:30-6:00 PM Camp uses the gym if weather is inclement.	Open Gym* 3:30-6:00 PM Camp uses the gym if weather is inclement.	Open Gym* 3:30-6:00 PM Camp uses the gym if weather is inclement.
	Open Basketball 6:00-9:00 PM	Open Pickleball* 6:00-9:00 PM	Open Basketball 6:00-9:00 PM	Open Pickleball* 6:00-9:00 PM	Open Gym* 6:00-8:00 PM	

*No cross-court basketball.

Updated 5-24-24

**Summer clinics will use the gym from 9:00 AM - 12:00 PM
 Monday-Thursday, June 17-20, June 24-27, July 15-18, July 22-25, and August 12-15.**

GYM RULES

- Gym use is for Y members and registered program participants only. Please see our website for membership and program offerings.
- No gym bags and other personal belongings in the gym. Please secure your personal belongings in a locker while at the Y.
- Children under age 8 must be accompanied and supervised by an adult.
- 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. Keep balls away from the ceiling, lights, and walls.
- Be respectful of others. No use of profanity, fighting, excessive yelling, unnecessary aggressiveness, or 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 who is not adhering to the posted rules to leave the premises.



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