

Galowich Gym Schedule April 25 – May 28

East Court – Court 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:30am – 7:30pm	Open Gym 5:30am – 3:30pm	Open Gym 5:30am – 7:30pm	Open Gym 5:30am – 3:30pm	Open Gym 5:30am – 7:30pm	Skills & Scrimmage 8:00am – 11:30am
	Family Gym 3:30pm – 7:30pm		Family Gym 3:30pm – 7:30pm		Open Gym 11:30am – 2:30pm

West Court – Court 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:30am – 9:00am	Open Gym 5:30am – 7:30pm	Open Gym 5:30am – 9:00am	Open Gym 5:30am – 7:30pm	Triple Threat 5:30am – 7:00am	Skills & Scrimmage 8:00am – 11:30am
Interval Strength Training 9:00am – 10:15am		Interval Strength Training 9:00am – 10:15am		Open Gym 7:00am – 7:30pm	Open Gym 11:30am – 2:30pm
Open Gym 10:30am – 7:30pm		Open Gym 10:30am – 7:30pm			

Schedules are subject to change, please call ahead to confirm or check Facebook for adjusted times.

Gym Guidelines on back

Gym Guidelines

- For the safety of all members and guests, all bags, coats and other belongings must be stored in cubbies or locked in lockers. The Galowich Family YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Only water is allowed in the gym during Open/Family Gym– Please no food, sports drinks, pop, etc. Please pick up after yourself and discard or recycle in a container.
- Foul language and inappropriate behavior, including hanging on the rims is unacceptable.
- Children under the age of 8 must be accompanied by an adult.
- Open Gym is available for members and their guests 10years old and up. Family Gym if for children and their parents to play together during that time.
- Full court games are not allowed.
- Appropriate attire is required. Shirts and gym shoes are mandatory. Anyone without proper attire will be required to leave the gym.
- Participants may be asked to leave the gym if not cooperating with these guidelines.