



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**C.W. Avery Family YMCA Gym Schedule
Fall 1 Session August 29th-October 2nd, 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled Programs & Classes					
Boot Camp 5:30-6:30am Court 1 & 2		Boot Camp 5:30-6:30am Court 1 & 2	Open Adult Basketball 6:00-9:00am Court 1 & 2	Boot Camp 5:30-6:30am Court 1 & 2	**Open Adult** Basketball 6:00-8:45am Court 1 & 2
	Sports Class 9:30-10:00am Court 2		Sports Class 9:30-10:30am Court 2		
	Sports Class 10:00-10:30am Court 2		Sports Class 10:30-11:30am Court 2		
	Sports Class 10:30-11:30am Court 2		Sports Class 11:30am- 12:30pm Court 2		Sunday
					Open Adult Basketball 7:00-9:00am Court 1 & 2
Sports Class 5:00-6:00pm Court 2	Sports Class 5:10-5:55pm Court 2	Sports Class 5:00-6:00pm Court 2	Sports Class 5:15-6:15pm Court 2		
Sports Class 6:00-7:00pm Court 2	Sports Class 6:00-7:00pm Court 2	Sports Class 6:00-7:00pm Court 2	Sports Class 6:15-7:30pm Court 2		
	Open Tween Dodgeball 7:00-8:00pm Court 2	Sports Class 7:00-8:00pm Court 2			
Open Adult Basketball 8:00-10:00pm Court 2	Open High School Basketball 8:15-10:00pm Court 2	Open Adult Basketball 8:00-10:00pm Court 2	Open High School Basketball 8:00-10:00pm Court 2		

Shaded programs require pre-registration

Open Gym Schedule and Gym Rules on Back
****Starred Programs require YMCA app reservations**





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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym					
Court 1	5:00-5:15am 6:30am-10:00pm	5:00am-10:00pm	5:00-5:15am 6:30am-10:00pm	5:00-6:00am 9:00am-10:00pm	5:00-5:15am 6:30am-10:00pm	9:00am-6:00pm
Court 2	5:00-5:15am 6:30-5:00pm 7:00-8:00pm	5:00-9:15am 11:30am-5:00pm	5:00-5:15am 6:30am-5:00pm	5:00-6:00am 12:30-5:15pm 7:30-8:00pm	5:00-5:15am 6:30am-10:00pm	9:00am-6:00pm

Sunday: (Court 1) 9:00am-4:00pm (Court2) 9:00am-4:00pm

GYM CLOSINGS:

Wednesday, September 7th 10am-12pm due to Adult Pickleball Clinic

Gym Rules - Including Track and Courts

These rules apply to class participants as well as general users of the gym

This schedule is subject to change for days out of school, special events and event changes due to the weather!

**There are no paid classes the week of Thanksgiving.

- Only water is allowed in the gym - No food, sports drinks, pop, etc.
- Only instructors may bring stereos and sound equipment in the gym
- Appropriate attire is required in the gym – shorts, shirts, and shoes are mandatory
- For the safety of all of our members, ALL bags, coats and other belongings MUST be stored in the cubbies OR put in locker. The C.W. Avery Family YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Belongings are NOT allowed on the track or gym floor.
- Fighting will not be tolerated
- Hanging on basketball rims or nets will not be tolerated
- No full court games are allowed while classes are in progress. During times of high player traffic, when classes are in progress or at the staff member's discretion, full court games are not allowed
- Indoor Track is available for running and walking while gym curtains are down