

Galowich Gym Schedule November 6 – December 17

*Schedules are subject to change, please call ahead to confirm
or check Facebook for adjusted times. Gym Guidelines on back*

East Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 7:30am – 2:30pm
Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	

West Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 5:30am – 8:30am	Open Gym 7:30am – 2:30pm
Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	

*The gym schedule will be modified on holidays, days out of school
and community event days, including:*

<p>Nov 4 Nov 8 Nov 11 Nov 21-23 Nov 30 Dec 14-16</p>	<p>Closed at 5:30pm East Court Closed East Court Closed East Court Closed Closed 8am – 1pm Closed All Day</p>	<p>Family Zumba Glow Party Day Out of School Child Care Day Out of School Child Care Day Out of School Child Care Staff/Partner Training Toys for Tots Distribution</p>
--------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

A PLACE WHERE YOU BELONG

Facility Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 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.
- 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.