



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

**C.W. Avery Family YMCA Gym Schedule
Spring 1 Session March 13- April 20, 2023**

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

Shaded programs require pre-registration or App reservations.

Open Gym Schedule and Gym Rules on Back





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OPEN GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Court 1	5:00-5:15am 6am-5:00pm 7:00-10:00pm	5:00am-10pm	5:00-5:15am 6:15am-10pm	5-6:00am 9am-10:00pm	5:00-5:15am 6:15am-10pm	9am-5:30pm	9am-3:30pm
Court 2	5-5:15am 6am-8:00pm	5:00-10:00am 12:00-5:15pm 6:15-7:15pm	5:00-5:15am 6:15am-9am 10am-5pm	5am-6:00am 9am-10:30am 11:15a-6:15pm	5:00-5:15am 6:15am-10pm	9am-5:30pm	9am-3:30pm

Gym Rules - Including Track and Courts

BASKETBALL COURTS WILL CLOSE A HALF HOUR BEFORE YMCA CLOSSES ON WEEKENDS

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!

- 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