

**Galowich Gym Schedule  
May 29 – June 3**

*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 – 12:30pm	Open Gym 5:30am – 7:30pm	Open Gym 5:30am – 7:30pm	Open Gym 5:30am – 9:30am	Open Gym 5:30am – 9:30am	Open Gym 7:30am – 2:30pm
			Summer Pre-Camp 10am – 4pm	Summer Pre-Camp 10am – 4pm	

**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 7am – 2:30pm
Fitness Class 9-11am	Fitness Class 9-10am	Fitness Class 9-11am	Fitness Class 9-11am	Fitness Class 9-10am	
Open Gym 11am – 12:30pm	Open Gym 10am – 7:30pm	Open Gym 11am – 7:30pm	Open Gym 11am – 7:30pm	Friday Family Fitness 6-7pm	

***Summer Pre-Camp days start this week.  
During the summer, the gym may be closed for  
Summer Camp programming and inclement weather.***

***The gym schedule will be modified on Monday  
due to the Memorial Day holiday and Friday for a special event***

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## 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. Locks may be available for purchase at the front desk depending on inventory in stock.
- 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.
- Any damage to equipment made by a member/program participant is the responsibility of that member/program participant.
- Children under the age of 10 must be accompanied by a family member 16 or older.
- 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.