



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

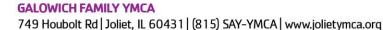
Summer Pre-Camp days start this week. During the summer, the gym may be closed for Summer Camp programming and inclement weather.

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













FOR HEALTHY LIVING

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.





