

## Galowich Gym Schedule August 28 – October 1

### East Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5 – 9am	Open Gym 5am – 4:30pm	Open Gym 5 – 9am	Open Gym 5am – 7:30pm	Open Gym 5 – 9:30am	Open Gym 7am – 2:30pm
Fitness 9 – 11am	Open Dodgeball (ages 9-15) 5-6pm	Fitness 9 – 11am		Pickleball 10-11:30am	
Open Gym 11am – 7:30pm	Pickleball 6:15-7:30pm	Open Gym 11am – 7:30pm		Open Gym 12pm – 7:30pm	

### West Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5 – 9am	50+ Basketball 5 – 7am	Open Gym 5 – 9am	50+ Basketball 5 – 7am	Open Gym 5 – 9:30am	Open Gym 7am – 2:30pm
Fitness 9 – 11am	Open Gym 7am – 4:30pm	Fitness 9 – 11am	Open Gym 7am – 7:30pm	Pickleball 10-11:30am	
Open Gym 11am – 7:30pm	Open Dodgeball (ages 9-15) 5-6pm  Pickleball 6:15-7:30pm	Open Gym 11am – 7:30pm		Open Gym 12pm – 7:30pm	

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

*The gym schedule will be modified on holidays, days out of school and inclement weather days.*

**Monday, Sept 4**  
**Friday, Sept 8**  
**Friday, Sept 15**

**YMCA Closed at 1pm**  
**Gym Closed at 3:30pm**  
**East Court Closed at 5pm**

**Labor Day**  
**Family Fun Fair**  
**Kids Night Out**

# A PLACE WHERE YOU BELONG

## Facility Schedule



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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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.
- Only water is allowed in the 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 are unacceptable.
- Dunking and hanging on the rims is unacceptable.
- 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.**