



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

**C.W. Avery Family YMCA Gym Schedule  
Spring 2 Session April 21<sup>st</sup>- May 25<sup>th</sup>, 2025**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday                                  | Saturday   |
|--|--|--|--|---|--|
| <b>Scheduled Programs &amp; Classes</b>                          |  |  |  |   |  |
| Boot Camp<br>5:15-6:00am<br>Court 1 & 2                          | <b>**Open Adult**<br/>Pickleball<br/>5:00-9:00am<br/>Court 2</b> | Boot Camp<br>5:15-6:15am<br>Court 1 & 2                              | Open Adult<br>Basketball<br>6:00-9:00am<br>Court 1 & 2               | Boot Camp<br>5:15-6:15am<br>Court 1 & 2 | <b>**Open Adult**<br/>Basketball<br/>6:00-8:45am<br/>Court 1 &amp; 2</b> |
| <b>**Open Adult<br/>Badminton**<br/>7am-9am<br/>Court 2</b>      |  | <b>**Open Adult<br/>Pickleball**<br/>7am-9am<br/>Court 1 &amp; 2</b> |  |   | <b>**Open Adult**<br/>Pickleball<br/>9:00am-12:00pm<br/>Court 2</b>      |
|  | Sports Class<br>9:15-10:15am<br>Court 2                          | <b>**Open Adult<br/>Pickleball**<br/>9:00am-12:00pm<br/>Court 2</b>  | <b>**Open Adult**<br/>Pickleball<br/>10:00am-12:00pm<br/>Court 2</b> |   |  |
|  |  |  |  |   | Sunday   |
| Sports Class<br>4:45-6:00pm<br>Court 2                           | Sports Class<br>5:00-6:15pm<br>Court 2                           | Sports Class<br>4:45-6:00pm<br>Court 2                               |  |   | <b>**Open Adult**<br/>Basketball<br/>7:00-9:00am<br/>Court 1 &amp; 2</b> |
| Sports Class<br>6:00-7:15pm<br>Court 2                           |  | Sports Class<br>6:00-7:00pm<br>Court 2                               | <b>**Open Adult**<br/>Pickleball<br/>6:30-8:30pm<br/>Court 2</b>     |   |  |
| <b>**Open Adult**<br/>Pickleball<br/>7:15-8:45pm<br/>Court 2</b> |  | Sports Class<br>7:00-8:00pm<br>Court 2                               |  |   |  |
| Open Adult<br>Basketball<br>8:45-9:45pm<br>Court 2               | Open High School<br>Basketball<br>8:00-9:45pm<br>Court 2         | Open Adult<br>Basketball<br>8:00-9:45pm<br>Court 2                   | Open High School<br>Basketball<br>8:30-9:45pm<br>Court 2             |   |  |

Shaded programs require pre-registration.  
\*\* Programs require App reservations.

Open Gym Schedule and Gym Rules on Back





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|         | Monday                                      | Tuesday                       | Wednesday                                   | Thursday                                    | Friday                       | Saturday           |
|---------|---|-------------------------------|---|---|------------------------------|--------------------|
|         | OPEN GYM                                    |                               |   |   |                              |                    |
| Court 1 | 5:00-5:15am<br>6:00am-9:45pm                | 5:00am-9:45pm                 | 5:00-5:15am<br>6:15-7:00am<br>9:00am-9:45pm | 5:00-6:00am<br>9:00am-9:45pm                | 5:00-5:15am<br>6:15am-9:45pm | 9:00am-<br>5:30pm  |
| Court 2 | 5:00-5:15am<br>6:00-7:00am<br>9:00am-4:45pm | 10:15am-5:00pm<br>6:15-8:00pm | 5:00-5:15am<br>6:15-7:00am<br>12:00-4:45pm  | 5:00-6:00am<br>9:00-10:00am<br>12:00-6:30pm | 5:00-5:15am<br>6:15-9:45pm   | 12:00pm-<br>5:30pm |

**Sunday: (Court 1) 9:00am-3:30pm (Court2) 9:00am-3:30pm**

### Gym Rules - Including Track and Courts

\*\*\*BASKETBALL COURTS WILL CLOSE AT 9:45PM MONDAY THROUGH FRIDAY\*\*\*

\*\*\*BASKETBALL COURTS WILL CLOSE A HALF HOUR BEFORE YMCA CLOSURES ON WEEKENDS\*\*\*

\*\*\* OPEN ADULT PICKLEBALL: ONLY THOSE WITH A RESERVATION ON THE YMCA ON THE GO APP WILL BE ABLE TO PARTICIPATE IN OPEN ADULT PICKLEBALL. MEMBERS WITH RESERVATIONS MUST CHECK IN WITHIN 5 MINUTES OF START TIME.\*\*\*

\*\*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
- Full-Court/Half-Court Games: When more than 20 individuals occupy a basketball court, overflow participants may be asked to use the other side of the gym. When this occurs, no full-court or half-court games of any kind are allowed in the gym.
- Youth/Family Hoop Policy: During times of high traffic, at the discretion of the gym supervisor on duty, the Youth/Family Hoop Policy may go into effect. When this occurs, members will be asked to defer space on one hoop to groups with children ages 12 and under.