

Gym Schedule

July 7-August 10

Shaded programs require pre-registration via the YMCA On The Go App

**** Programs require pre-registration**

Schedules are subject to change, please call ahead to confirm, check the YMCA on the Go app, or check Facebook for adjusted times.

East Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-10:30am	Open Gym 5am-10:30am	Open Gym 5am-10:30am	Open Gym 5am-10:30am	Open Gym 5am-10:30am	Open Gym 7am-9am
GYM CLOSED FOR SUMMER CAMP 10:30am-3pm	GYM CLOSED FOR SUMMER CAMP 10:30am-3pm	GYM CLOSED FOR SUMMER CAMP 10:30am-3pm	GYM CLOSED FOR SUMMER CAMP 10:30am-3pm	GYM CLOSED FOR SUMMER CAMP 10:30am-3pm	Pickleball 9am-10:30am
Open Gym 3pm-7:30pm	Open Gym 3pm-7:30pm	Open Gym 3pm-7:30pm	Open Gym 3pm-7:30pm	Open Gym 3pm-7:30pm	Open Gym 10:30am-2:30pm

West Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-9:00am	Open Gym 5am-10:15am	Open Gym 5am-9am	Open Gym 5am-7:30pm	Open Gym 5am-10:15am	Open Gym 7am-2:30pm
Bootcamp 9am-9:45am	Pickleball 10:15am-11:45am	Bootcamp 9am-9:45am		Pickleball 10:15am-11:45am	
Line Dancing 10am-11am	Open Gym 11:45am-5:00pm	Line Dancing 10am-11am		Open Gym 11:45am-7:30pm	
Open Gym 11am-7:30pm	Line Dancing 5:00pm-6:00pm	Open Gym 11am-7:30pm			
	Pickleball 6pm-7:30pm				

A PLACE WHERE YOU BELONG

Facility Schedule

Gym Guidelines



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- 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.

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