



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Gym Schedule

Morris Hospital YMCA Gym Schedule February 2 - March 8

On the following dates court 2 will be closed from 4:30 p.m. until close:

- Tuesday, February 3rd
- Thursday, February 5th
- Tuesday, February 10th
- Monday, February 16th
- Thursday, February 19th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled Programs & Classes					
				Bootcamp 5:15-6:05am Court 1&2	Open Adult Basketball 7:00-8:00am Court 1&2
Open Adult Pickleball 8:00-9:00am Court 1&2		Open Adult Pickleball 8:00-9:00am Court 1&2		Open Adult Pickleball 8:00-9:00am Court 1&2	Youth Basketball Games 8:00am-11:00am Court 2
Open Adult Pickleball 9:00-10:00am Court 1&2		Open Adult Pickleball 9:00-10:00am Court 1&2		Open Adult Pickleball 9:00-10:00am Court 1&2	
	Homeschool PE 10:00-11:00am Court 2				Sunday
					Family Volleyball 1:00-2:15pm Court 1&2
					Adult Volleyball 2:15-3:30pm Court 1&2
		Youth Basketball League 4:15-6:45pm Court 2			
Open Adult Basketball 7:10-9:00pm Court 1&2	Open Adult Pickleball 7:30-8:30pm Court 1&2	Open Adult Volleyball 7:30-9:00pm Court 1&2	Open Adult Pickleball 7:30-8:30pm Court 1&2	Open Adult Basketball 7:10-9:00pm Court 1&2	

Shaded programs require pre-registration

Open Gym Schedule and Gym Rules on Back

### MORRIS HOSPITAL YMCA

2200 West Dupont Avenue | Morris, IL 60450  
(815) 513-8080 | [www.jolietymca.org](http://www.jolietymca.org)





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## Gym Schedule

### Morris Hospital YMCA Gym Schedule Open Shoot

	Open Gym					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Court 1	5:00-7:30am 10:15am-7:10pm	5:00am-7:15pm	5:00-7:30am 10:15am-7:15pm	5:00am-7:15pm	6:10-7:30am 10:15am-7:10pm	8:00am-4:00pm
Court 2	5:00-7:30am 10:15am-7:10pm	5:00am-8:45pm 11:00am-7:15pm	5:00-7:30am 10:15am-4:15pm	5:00am-7:15pm	6:10-7:30am 10:15am-7:10pm	11:00am-4:00pm
	Sunday					
	(Court 1) 7:00am-12:30pm 3:45-4:00pm			(Court2) 7:00am-12:30pm 3:45-4:00pm		

### Gym Rules - Including Track and Courts

\*\*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 hung on hooks in stretching area OR put in locker. The Morris Hospital YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Fighting will not be tolerated
- Hanging on basketball rims or nets will not be tolerated
- Indoor Track is available for running and walking while gym curtains are down

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