



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Gym Schedule

Morris Hospital YMCA Gym Schedule April 20th-May 24th

Friday, May 22nd Court 2 Teen Open Gym (Basketball) (Registration required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled Programs & Classes					
				Bootcamp 5:15-6:05am Court 1&2	Open Adult Basketball 8:00-10:00am 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	
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
					Open Adult Basketball 7:00-9:00am Court 1&2
			Jr. Basketball 4:15-5:00pm Court 2		Open Family Volleyball 1:00-2:00pm Court 2
				Teen Open Gym (Basketball) 5:30-6:30pm	Open Adult Volleyball 2:00-4:00pm Court 1&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





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## Gym Schedule

### Morris Hospital YMCA Gym Schedule Open Shoot

	Open Gym					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Court 1	5:00-7:45am 10:15am-7:10pm	5:00am-7:15pm	5:00-7:45am 10:15am-7:15pm	5:00am-7:15pm	6:10-7:45am 11:10am-7:10pm	7:00-8:00am 10:00am-4:00pm
Court 2	5:00-7:45am 10:15am-7:10pm	5:00-9:45am 11am-7:15pm	5:00-7:45am 10:15am-7:15pm	5:00am-4:00pm 5:00-7:15pm	6:10-7:45am 10:15am-7:10pm	7:00-8:00am 10:00am-4:00pm
	Sunday					
	(Court 1) 9:00am-1:45pm			(Court2) 9:00am-12:45pm		

### 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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