the YMCA

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FOR HEALTHY LIVING
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Gym Schedule

Morris Hospital YMCA Gym Schedule November 1-December 13

On Friday November 20th, the gym will be closed for Teen Open Gym Volleyball from 5:30-6:30pm

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	
Advanced Open Adult Pickleball 9:00-10:00am Court 1&2		Advanced Open Adult Pickleball 9:00-10:00am Court 1&2		Advanced Open Adult Pickleball 9:00-10:00am Court 1&2	
				Bounce Party 10:15-11:45am Court 2	Sunday
	Speed & Agility 4:00-4:45pm Court 2		Junior Basketball 4:15-5:00pm Court 2		Open Adult Basketball 7:00-9:00am Court 1&2
			Basketball Skills & Scrimmage 5:00-6:00pm Court 2	Open Teen Gym Volleyball 3:30-5:00pm Court 2	Open Family Volleyball 1:00-2:00pm Court 2
	Open Adult Pickleball 7:00-8:00pm Court 1&2		Open Adult Pickleball 7:00-8:00pm Court 1&2		Open Adult Volleyball 2:00-4:00pm Court 1&2
Open Adult Basketball 7:10-9:00pm Court 1&2	Advanced Open Adult Pickleball 8:00-9:00pm Court 1&2	Open Adult Volleyball 7:30-9:00pm Court 1&2	Advanced Open Adult Pickleball 8:00-9:00pm Court 1&2	Open Adult Soccer 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 10:00-7:10pm	5:00-6:45pm	5:00-7:45am 10:00-7:10pm	5:00-6:45pm	6:10-7:45am 10:00am-7:10pm	7:00-8:00am 10:00am-4:00pm
Court 2	5:00-7:45am 10:00-7:10pm	5:00-3:45pm 5:00-6:45pm	5:00-7:45am 10:00-7:10pm	5:00-4:00pm 6:00-6:45pm	6:10-7:45am 12:00-3:15pm 5:00-7:00pm	10:00am-4:00pm
	Sunday					
	(Court 1) 9:00-1:45pm			(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