



# RITE-HITE FAMILY YMCA GYM SCHEDULE OCTOBER 2015

| <b>OPEN GYM: The gym is open for any activity, no full court basketball during open gym</b> |                                  |                                  |                                  |                                      |                                  |                                  |
|---------------------------------------------------------------------------------------------|----------------------------------|----------------------------------|----------------------------------|--------------------------------------|----------------------------------|----------------------------------|
| Monday                                                                                      | Tuesday                          | Wednesday                        | Thursday                         | Friday                               | Saturday                         | Sunday                           |
| 6:30am-11:30am<br><b>FULL OPEN GYM</b>                                                      | 5:00a-Noon<br><b>OPEN GYM</b>    | 6:30a-11:30a<br><b>OPEN GYM</b>  | 5:00am-9:30am<br><b>OPEN GYM</b> | 5:00am-11:30am<br><b>OPEN GYM</b>    | 6:30am-8:45am<br><b>OPEN GYM</b> | 2:00pm-6:45pm<br><b>OPEN GYM</b> |
| 4:00pm-5:15pm<br><b>1/2 OPEN GYM</b>                                                        | 4:00pm-8:45pm<br><b>OPEN GYM</b> |                                  | 1:00pm-5:00pm<br><b>OPEN GYM</b> | 4:00pm-5:30pm<br><b>1/2 OPEN GYM</b> |                                  |                                  |
| 6:30pm-8:45pm<br><b>FULL OPEN GYM</b>                                                       |                                  | 5:30pm-8:45pm<br><b>OPEN GYM</b> | 5:00-5:30<br><b>1/2 OPEN GYM</b> | 5:30pm-8:45pm<br><b>OPEN GYM</b>     | 2:00pm-6:45pm<br><b>OPEN GYM</b> |                                  |
|                                                                                             |                                  |                                  | 5:30-8:45pm<br><b>OPEN GYM</b>   |                                      |                                  |                                  |

| <b>PROGRAMS: The gym is reserved for specific programs during these times.</b> |                                              |                                             |                                             |                                             |                                            |                                     |
|--------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|--------------------------------------------|-------------------------------------|
| Monday                                                                         | Tuesday                                      | Wednesday                                   | Thursday                                    | Friday                                      | Saturday                                   | Sunday                              |
| 5:30am-6:15am<br><b>CARDIO FUSION</b>                                          |                                              | 5:30am-6:15am<br><b>CARDIO FUSION</b>       | 9:30-11:30am<br><b>OPEN PLAY PICKLEBALL</b> | Kids Club 1./2<br>Gym 10:00-10:30am         |                                            | 10:00am-2:00pm<br><b>FAMILY GYM</b> |
| Kids Club 1./2<br>Gym 10:15-10:45am                                            | Kids Club 1./2<br>Gym 10:00-10:30am          | 11:30am-1:30pm<br><b>ADULT BASKETBALL</b>   | Kids Club 1./2<br>Gym 10:15-10:45am         | 11:30am-1:30pm<br><b>ADULT BASKETBALL</b>   | 9:00am-10:00am<br><b>ZUMBA</b>             |                                     |
| 11:30am-1:30pm<br><b>ADULT BASKETBALL</b>                                      | 1:00pm-2:00pm<br><b>ADVANCED PICKLEBALL</b>  | 2:00pm-4:00pm<br><b>BEGINNER PICKLEBALL</b> | 11:30am-1:00pm<br><b>PICKLEBALL LESSONS</b> | 2:00pm-4:00pm<br><b>ADVANCED PICKLEBALL</b> | 10am-Noon<br><b>YOUTH BASKETBALL</b>       |                                     |
| 2:00pm-4:00pm<br><b>BEGINNER PICKLEBALL</b>                                    | 5:00pm-5:30pm<br><b>SCHOOL AGE 1/2 GYM</b>   | 5:00pm-5:30pm<br><b>SCHOOL AGE 1/2 GYM</b>  | 5:00pm-5:30pm<br><b>SCHOOL AGE 1/2 GYM</b>  | 5:00-5:30pm<br><b>SCHOOL AGE 1/2 GYM</b>    |                                            |                                     |
| 4:30pm-5:00pm<br><b>SCHOOL AGE 1/2 GYM</b>                                     | 2:00pm-4:00pm<br><b>OPEN PLAY PICKLEBALL</b> |                                             |                                             |                                             | Noon-2:00pm<br><b>OPEN PLAY PICKLEBALL</b> |                                     |
| 5:15pm-6:30pm<br><b>ZUMBA</b>                                                  |                                              |                                             |                                             |                                             |                                            |                                     |

For Program Registration information contact Leila Wright at 414.357.2805 or lwright@ymcamke.org

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# RITE-HITE FAMILY YMCA

## GYM RULES

### January 2015

- Gym bags and other personal belongings are not to be kept in the gym. Please use a locker while at the Y.
- Children under the age of 8 must be accompanied by an adult at all times while in the YMCA.
- No dunking or grabbing the rims or nets at any time.
- Please return all equipment when finished.
- No inappropriate use of equipment.
- Be respectful of others by refraining from the use of profanity, fighting, excessive yelling or unsportsman-like conduct.
- Full court games are not permitted during OPEN GYM times.
- All competitors, of any age or skill level, are allowed an equal opportunity for gym use and to become involved in any activities taking place during OPEN GYM times.
- Report all injuries to a staff member on duty.
- The Y reserves the right to ask anyone at any time for proof of membership.
- Y Staff reserves the right to ask any one not adhering to the posted rules to leave the premises.
- The gym schedule is subject to change at any time.

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