

FALL 2019 (SEPTEMBER-OCTOBER)

RITE-HITE FAMILY YMCA

GYM SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Cardio Fusion	5am-1pm *Open Gym	5:30am-6:15am Cardio Fusion	5am-9:30am Open Gym	5am-11:30am *Open Gym	6:30-9am Open Gym	8-11am Open Gym
6:15-8am Open Gym	10am-10:30am Kids Club ½ Gym Open Gym ½ Gym	6:15am-8am Open Gym	9:30-11:30am Open Play Pickleball	10:30am-11am Kids Club ½ Gym	9-10am Zumba	11am-2pm Open Play Pickleball
8am-10am Open Play Pickleball	1pm-2pm Advanced Play Pickleball	8am-10am Open Play Pickleball	11:30am-1pm Pickleball Lessons	11:30am-1:30pm Adult Basketball	10:15am-12:00 Basketball Skills	2pm-6:45pm Open Gym
10am-11:30am *Open Gym	2pm-4pm Open Play Pickleball	10am-11:30am Open Gym	1pm-5:30pm Open Gym (Full Gym)	2pm-4pm Open Play Pickleball	12:00pm-6:30pm Open Gym	
10am-10:30am Kids Club	4pm-6pm Day Camp Gym	11:30am-1:30pm Adult Basketball	5:30-6:30pm ½ Open Gym	6pm-8:45pm *Open Gym		
11:30am-1:30pm Adult Basketball	6pm-8:45pm Open Gym	2pm-4pm Beginner Pickleball	5:30-6:30pm Volleyball			
2pm-4pm Beginner Pickleball		6pm-8:45pm Open Gym	6:30pm-8:45pm Open Gym			
6pm-8:45pm 1 st -5 th Grade Basketball League						

Rite-Hite Family YMCA Gym Rules

- Gym bags and other personal belongings are not to be kept in the gym.
- Children under the age of 8 must be accompanied by an adult at all times while in the YMCA
- No dunking, grabbing the rims or nets
- No inappropriate use of equipment
- Be respectful of others by refraining from the use of profanity, fighting, excessive yelling or unsportsman-like conduct
- All competitors, of any skill levels, 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 not adhering to the posted rules to leave the premises
- The gym schedule is subject to change at any time

*Indicates other activities occurring in the gym during this time

**Gym may be closed occasionally for special events.