

# RITE-HITE FAMILY YMCA GYM SCHEDULE FALL 2019 (DECEMBER 16-22)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Cardio Fusion	5-9:30am *Open Gym	5:30-6:15am Cardio Fusion	5-9:30am Open Gym	5-9am *Open Gym	6:30-9am Open Gym	8-11am Open Gym
6:15-8am Open Gym	9:30-11:30am Homeschool Club	6:15-8am Open Gym	9:30-11:30am Open Play Pickleball	9-10am Schools Out	9-10am Zumba	11-2pm Open Play Pickleball
8-10am Open Play Pickleball	11:30am-1pm Open Gym	8-10am Open Play Pickleball	11:30am-1pm Pickleball Lessons	10-11:30am Family Gym	10:00am-12pm Prep basketball practice	2-6:45pm Open Gym
10-11:30am Family Gym	1-2pm Advanced Play Pickleball	10-11:30am Family Gym	1-3pm Family Gym	11:30am-1:30pm Adult Basketball	10:15am- 12:00pm Basketball Skills	
11:30am-1:30pm Adult Basketball	2-4pm Open Play Pickleball	11:30am-1:30pm Adult Basketball	3-5:30pm Open Gym (Full Gym)	2pm-4pm Open Play Pickleball	12:00-3:30pm Youth Basketball League	
2-4pm Beginner Pickleball	4-8:45pm Open Gym	2-4pm Beginner Pickleball	5:30-6:30pm ½ Open Gym	4-5pm Schools Out	4-6:45pm Open Gym	
4:00-8:45pm Open Gym		4-8:45pm Open Gym	5:30-6:30pm Volleyball Class	5-8:45pm Open Gym		
			6:30-8:45pm Open Gym			

## 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.