



# Rite-Hite Family YMCA Winter 2022 Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00		Open Gym** 5:00-11:30am	Open Gym** 5:00-9:00am	Open Gym** 5:00-11:30am	Open Gym** 5:00-9:00am	Open Gym** 5:00-11:30am		
6:00								
7:00								
8:00	Open Pickleball* 8:00-10:00am		Zumba* 9:00-10:30am		Zumba* 9:00-10:30am		Open Gym** 7:00-9:00am	
9:00								
10:00	Open Gym** 10:00-12:00pm		Beginner Pickleball* 10:30-12:00pm		Beginner Pickleball* 10:30-12:00pm		Youth Wheelchair Basketball* 10:00-1:00pm	
11:00								
12:00		Adult Basketball*** 11:30-1:00pm	Advanced Pickleball 12:00-1:30pm	Adult Basketball*** 11:30-1:00pm	Advanced Pickleball 12:00-1:30pm	Adult Basketball*** 11:30 -1:00pm		
1:00		Open Pickleball* 1:00-3:00pm	Open Gym** 1:30-6:00pm	Open Pickleball* 1:00-3:00pm		Open Pickleball* 1:00-4:00pm		Open Gym** 1:00-2:00pm
2:00								
3:00		Open Gym** 3:00-5:30pm		Open Gym** 3:00-5:15pm				
4:00								
5:00		Zumba* 5:45-6:45pm	TopSoccer* 6:00-7:00pm	Wheelchair Basketball* 5:30-8:30pm		Open Gym** 4:00-8:00pm		
6:00								
7:00		Open Gym** 7:00-10:00pm	Open Gym** 7:15-10:00pm	Open Gym** 8:30-10:00pm				
8:00								
9:00								

\*Reserved for scheduled programs. \*\*Reserved for Open Gym-No cross court basketball at this time. \*\*\*Reserved for Adult Basketball-18+

- Gym use for YMCA Members or paid program participants only. See website for details on program prices.
- No gym bags and other personal belongings in the gym. Please secure your personal belongings in a locker while at the Y.
- Children under age 8 must be accompanied and supervised by an adult.
- No dunking or grabbing on the rims or nets at any time.
- Proper athletic attire and non-marking athletic shoes must be worn at all times.
- No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.
- Be respectful of others. No use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and unsportsman-like conduct.
- All competitors, of any age or skill level, are allowed an equal opportunity for gym use during Open Gym times.
- Report all injuries to a staff member on duty.
- The Y may adjust the gym schedule at any time to meet program needs.
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.
- TopSoccer runs **February 1st-March 29th**.
- Please note: YMCA Schools out program will use the gym M/W/F 9:00-11:00am and T/Th 1:30 - 3:30 pm.

These dates are: 1/21, 1/24, 1/28, 2/11, 2/18, 2/21, 3/18-4/1, 4/15, 4/18, 4/29