



Rite-Hite Family YMCA Summer 2022 Gym Schedule

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

Please note: YMCA Day Camp will utilize the gym in cases of inclement weather and high temperatures between the hours of 7am and 6pm M-F.