



# WINTER/SPRING 2024 Gym Schedule

## RITE-HITE FAMILY YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym** 5:00-7:00 AM	Open Gym** 5:00-7:00 AM	Open Gym** 5:00-7:00 AM	Open Gym** 5:00-7:00 AM	Open Gym** 5:00-7:00 AM	
	Adult Basketball*** 7:00-9:00 AM	Adult Basketball*** 7:00-9:00 AM	Adult Basketball*** 7:00-9:00 AM	Adult Basketball*** 7:00-9:00 AM	Adult Basketball*** 7:00-9:00 AM	Open Pickleball 7:00-9:00 AM
Open Pickleball 8:00-10:00 AM		Advanced Pickleball 9:00-10:30 AM	Open Pickleball 9:00-10:30 AM	Advanced Pickleball 9:00-10:30 AM	Open Pickleball 9:00-11:30 AM	Basketball Skills Classes & Basketball League* 9:00 AM - 12:00 PM
Family Open Gym** 10:00 AM - 12:00 PM	Open Pickleball 9:00-11:30 AM	Open Pickleball 10:30 AM - 12:30 PM	Family Open Gym 10:30-11:30 AM	Pickleball Lessons* 11:00 AM - 12:30 PM		
Family Pickleball Lessons* 12:00-1:30 PM	Adult Basketball*** 11:30 AM - 1:00 PM		Adult Basketball*** 11:30 AM - 1:00 PM	Beginner- Intermediate Pickleball 12:30-2:00 PM	Adult Basketball*** 11:30 AM - 1:00 PM	Super Hoops* 12:00-2:00 PM
Open Pickleball 1:30-3:00 PM	Open Pickleball 1:00-3:00 PM	Beginner Pickleball 12:30-2:30 PM	Open Pickleball 1:00-3:00 PM		Open Pickleball 1:00-3:00 PM	
				Open Gym** 2:00-4:00 PM		Open Pickleball 2:00-4:00 PM
Open Gym** 3:30-6:00 PM	Family Open Gym 3:00-5:00 PM	Open Gym** 2:30-5:30 PM	Open Gym** 3:00-6:00 PM	Soccer Skills Classes* 4:30-5:30 PM	Open Gym** 3:00-5:30 PM	
	Basketball Skills Classes* 4:00-4:30 PM 4:30-5:15 PM 5:15-6:15 PM 6:15-7:30 PM	Pickleball Lessons* 5:30-7:00 PM		TopSoccer* 5:30-6:30 PM 6:30-7:30 PM	Open Gym** 5:30-8:00 PM	Open Gym** 4:00-6:00 PM
	Open Youth Basketball** 7:30-8:30 PM		Open Basketball 6:00-10:00 PM	Soccer Skills Classes* 7:30-8:30 PM	Adaptive Open Gym Once a month 5:30-8:00 PM	
	Adult Basketball*** 8:30-10:00 PM	Open Pickleball 7:00-10:00 PM		Open Soccer 8:30-10:00 PM		

\*Reserved for scheduled programs. \*\*Reserved for Open Gym (No cross-court basketball). \*\*\*Reserved for Adult Basketball (18 & up).

**School's Out programming will use the gym from 3:00-4:00 PM on  
JAN 15, 19 & 29, FEB 6, 16 & 19, MAR 1, 15 & 25-28, APR 1 & 2, and MAY 17.**

**Adaptive Active programs use the gym on FRI, JAN 19, FEB 16, MAR 15, APR 19, and MAY 17 from 5:00-8:00 PM.**

- 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.
- 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.

Updated 1-19-24