



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule

Court 2 Oct 18th– Nov 28th 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am– 6:00pm <i>Member Open Gym</i>	5:00am– 8:00pm <i>Member Open Gym</i>	5:00am– 6:00pm <i>Member Open Gym</i>	5:00am– 8:00pm <i>Member Open Gym</i>	5:00am– 7:00pm <i>Member Open Gym</i>		
↓	↓	↓	↓	↓	↓	↓
6:00pm–7:00pm <i>H.I.T.T</i>		6:00pm–7:00pm <i>H.I.T.T</i>			8:00am–4:00pm <i>Member Open Gym</i>	1:00-4:00pm <i>Member Open Gym</i>
8:00pm <i>Closed</i>	8:00pm <i>Closed</i>	8:00pm <i>Closed</i>	8:00pm <i>Closed</i>	7:00pm <i>Closed</i>	4:00pm <i>Closed</i>	4:00pm <i>Closed</i>

Revised: 10/18/21

Basketball/Gym Rules

1. Basketball is a membership privilege and is reserved for Y members *ONLY*.
2. A Fifteen (15) minute running clock. Team with the most points when time expires wins..
3. If a player is not present when his team’s turn arrives, that team goes to the bottom of the list.
4. Any disputed calls are settled by shooting for possession.
5. Any fighting members or use of inappropriate language may lose their privilege to be a member of the YMCA.
6. Members under age 12 and under must be accompanied by an *adult* 18 or older.
7. Full court games are only allowed when there are not other wanting to use the courts.
8. No dunking or hanging on rims.
9. All members are expected to follow the YMCA core values of Respect, Responsibility, Caring and Honesty. Anyone breaking these rules is subject to having their membership revoked.
10. Appropriate attire (No inappropriate writing on clothing), and athletic shoes must be worn at all times. Absolutely no sandals, open toe or open back shoes are permitted. .
11. Keep all personal belongings in your locked locker. The Y is not responsible for lost or stolen items.

*****DUE TO YMCA PROGRAMS GYM SCHEDULE SUBJECT TO CHANGE*****

YMCA Code of Conduct

The YMCA of the Capital Area is founded on Christian principles and prohibits inappropriate behavior and conduct. This includes, but is not limited to, profanity or abusive language or attire, smoking, use of alcohol or drugs, the removal of YMCA property and criminal conduct of any time. Such inappropriate behavior or conduct is unacceptable and the Y consequently retains the right to deny membership to its applicant and to revoke a membership of any current membership or participant at its sole discretion



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Gym Schedule

Court 1 Oct 18th—Nov 28th 2021

*****DUE TO YMCA PROGRAMS GYM SCHEDULE SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:20am <i>Member Open Gym</i>	5:00am-9:20am <i>Member Open Gym</i>	5:00am-8:20am <i>Member Open Gym</i>	5:00am-9:20am <i>Member Open Gym</i>	5:00am-9:30am <i>Member Open Gym</i>		
8:30am- 9:30am <i>Chair Yoga</i>	↓	8:30am- 9:30am <i>Chair Yoga</i>	↓	↓	8:00am-2:00pm <i>Program Sports (10/30-11/28)</i>	
9:40am-10:30am <i>Light & Low</i>	9:30am-10:30am <i>AOA</i>	9:40am-10:30am <i>Light & Low</i>	9:30am-10:30am <i>AOA</i>	9:40am-10:30am <i>Light & Low</i>	↓	
10:30am-8:00pm <i>Member Open Gym</i>	↑	10:30am-5:30pm <i>Member Open Gym</i>	10:30am-5:00pm <i>Member Open Gym</i>	10:30am-6:00pm <i>Member Open Gym</i>	↓	1:00pm-4:00pm <i>Member Open Gym</i>
↓	↓	↓	↓	↓	4:00pm <i>Closed</i>	4:00pm <i>Closed</i>
8:00pm <i>Closed</i>	5:00-8:00pm <i>Program Sports</i>	5:30om-8:00pm <i>Program Sports</i>	5:00pm-8:00pm <i>Program Sports</i>	6:00pm-7:00pm <i>Program Sports</i>		
	↓	↓	↓	↓		
	8:00pm <i>Closed</i>	8:00pm <i>Closed</i>	8:00pm <i>Closed</i>	7:00pm <i>Closed</i>		