



GYM SCHEDULE

NORTHWEST YMCA

April 7th – May 20th

**Gym Schedule
SPRING 2019**

Practices may occur on 1/2 courts until May 20th

Single activities are often scheduled in this gym at a time.

Gym Rules and Tips

NO FOOD OR DRINK IS ALLOWED IN THE GYM EXCEPT WATER.

Respectful behavior and sportsmanship is required always.

Staff may ask any member or participant to vacate the gym at any time, for any reason.

Please allow time for activities to finish before entering and playing.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-----------------------------------|--|---|--|-----------------------------------|-----------------|---|
| | 5:00-7:00am Pick-Up Basketball | 5:00-9:30am OPEN GYM | 5:00-7:00am Pick-Up Basketball | 5:00-8:00am OPEN GYM | 5:00-7:00am Pick-Up Basketball | CLOSED | CLOSED |
| | | | | 8:00-9:30 Pickle Ball | | | |
| | 7:00-1:00pm OPEN GYM | 9:30-1:00pm Silver Sneakers Classes | 7:00-1:00pm OPEN GYM | 9:30-1:00pm Silver Sneakers Classes | 7:00-1:00pm OPEN GYM | | 10:00am-12:00pm Adult Pick-Up Basketball |
| | 1:00-3:30 Pickle Ball | 1:00-4:00 OPEN GYM | 1:00-3:30 Pickle Ball | 1:00-4:00 OPEN GYM | 1:00-3:30 Pickle Ball | 6:00am-7:00pm | 12:00-2:15 OPEN GYM |
| | | 4:00-9:00 OPEN GYM | 4:00-9:00 OPEN GYM | 5:00-7:00 AYC Activities 1/2 Court | | OPEN GYM | |
| | 4:00-9:00 OPEN GYM | 7:00-9:00 Adult Pick-Up Basketball | 7:00-9:00 Adult Volleyball 1/2 Court | 4:00-9:00 OPEN GYM 1/2 Court | 4:00-8:00 OPEN GYM | | 2:15-4:30 Pickle Ball |
| | Closed @ 9:00pm | Closed @ 9:00pm | Closed @ 9:00pm | Closed @ 9:00pm | Closed @ 8:00pm | Closed @ 7:00pm | Closed @ 5:00pm |

Northwest YMCA

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