



GYMNASIUM SCHEDULE

Winter 2018

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|------------------------|-------------------------|-------------------------------------|-----------------------------|---------------------------|---------------------------|--------------------------------------|
| 6:00-8:00a | | Before School Care | Before School Care | Before School Care | Before School Care | Before School Care | Open Gym |
| 8:00-10:00a | | Before School Care | Before School Care | Before School Care | Before School Care | Before School Care | Open Gym |
| 10:00-11:00a | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Youth Basketball Games |
| 11:00-12:00p | Open Gym | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | Youth Basketball Games |
| 12:00-1:00p | Youth Basketball Games | Pickleball | Pickleball | Pickleball | Pickleball | Pickleball | Youth Basketball Games |
| 1:00-2:00p | Youth Basketball Games | Open Gym | Open Gym | Pickleball | Open Gym | Open Gym | Youth Basketball Games |
| 2:00-3:00p | Youth Basketball Games | Open Gym | Open Gym | Pickleball (ends at 2:30pm) | Open Gym | Open Gym | Youth Basketball Games |
| 3:00-4:00p | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Youth Basketball Games |
| 4:00-5:00p | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Youth Basketball Games |
| 5:00-6:00p | Open Gym | Open Gym | Itty Bitty Bball Class/ Open Gym | Open Gym | Open Gym | Youth Basketball Practice | Itty Bitty Bball League/ Open Gym |
| 6:00-7:00p | | Open Gym | Youth Basketball Practice | Youth Volleyball Class | Youth Basketball Practice | Youth Basketball Practice | |
| 7:00-8:00p | | Adult Basketball League | Youth Basketball Practice | Open Gym | Youth Basketball Practice | Open Gym | |
| 8:00-9:00p | | Adult Basketball League | Open Gym | Open Gym | Open Gym | Open Gym | |
| 9:00-10:00p | | Adult Basketball League | Open Gym | Open Gym | Open Gym | Open Gym | |

Although it is always our intention to follow the scheduled format, events and programs may change without notice.

Please see the **back side** of this page for more details and information about our gymnasium schedule.



GYMNASIUM POLICIES

GYMNASIUM RULES

- No food or drinks (except for water)
- No dunking or hanging on rims
- No profanity or disruptive behavior
- Proper gym attire must be worn at all times
- Kicking and throwing of basketballs is prohibited
- Do not enter gym storage (**STAFF USE ONLY**)
- No loitering, dribbling, or shooting during non-open gym times
- Failure to abide by gymnasium rules and the YMCA's Code of Conduct may result in temporary or permanent suspension of the YMCA membership privileges

GYMNASIUM PROGRAM DATES

- **Youth Basketball League:** January 8th-March 10th
- **Itty Bitty Basketball Class:** January 11th-February 15th
- **Itty Bitty Basketball League:** January 13th-March 3rd
- **Adult Basketball League:** January 15th-March 12th
- **Youth Volleyball Class:** January 24th-February 28th

GYMNASIUM EVENTS (CLOSED GYM)

- **Annual Campaign Victory Party:** Thurs, March 1st
6:30pm-8:30pm

CONTACT INFORMATION

- **Karina Weiss**
Sports Director
karina.weiss@lbyymca.org
- **Bianca Frontino**
Sports Coordinator
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GYMNASIUM TERMINOLOGY

- **Open Gym:** Gym is opened for all members
- **Before School Care:** Gym is opened for before school care participants (enrollment required)
- **Pickleball:** Gym is opened for Pickleball members
- **Youth/Adult Basketball:** Gym is opened for basketball participants (registration required)
- **Youth/Adult Indoor Soccer:** Gym is opened for indoor soccer participants (registration required)
- **Youth Volleyball:** Gym is opened for volleyball participants (registration required)
- **Itty Bitty Sports:** Gym is opened for itty bitty participants (registration required)

OPEN GYM COURTESY-PICK UP GAMES

- If there are 15 or more players, players may play full court, 5v5 games.
- If there are 14 or less players, players **MUST** play half court, 4v4 games.
- Half court: First team to 15 points win's the game.
- Full court: First team to 11 points win's the game.
- Losing team comes off the court; the next group of players play next.
- In the event of a dispute, YMCA Staff have the final say.
- Courtesy

PICKLEBALL

- Challenge Court on Wednesdays