



GYMNASIUM SCHEDULE

Fall 2018

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:00a		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8:00-10:00a		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	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	Youth Basketball Games	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball Games
4:00-5:00p	Youth Basketball Games	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball Games
5:00-6:00p	Open Gym	Open Gym	Youth Basketball Practice	Youth Soccer Class	Youth Basketball Practice	Youth Practice / Open Gym	Youth Basketball
6:00-7:00p		Open Gym	Youth Basketball Practice	Youth Soccer Class	Youth Basketball Practice	Youth Practice / Open Gym	
7:00-8:00p		Open Gym	Youth Basketball Practice	Adult Indoor Soccer	Youth Basketball Practice	Adult Indoor Soccer	
8:00-9:00p		Open Gym	Open Gym	Adult Indoor Soccer	Youth Basketball Practice	Adult Indoor Soccer	
9:00-10:00p		Open Gym	Open Gym	Adult Indoor Soccer	Open Gym	Adult Indoor Soccer	

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

- **Adult Indoor Soccer League:** Oct 3-Dec 21
- **Youth Basketball League:** Sep 25th-Nov 18th
- **Youth Indoor Soccer Class:** Sep 19th-Oct 26th

GYMNASIUM EVENTS (CLOSED GYM)

- **Youth Basketball Assessment Day:** Sat, September 15th 10am-2pm
- **JR Clipper Clinic:** Sat, September 22nd 10am-12pm
- **Gym Floor Resurfacing:** Mon-Fri, Dec 17th-Dec 21st

CONTACT INFORMATION

- **Karina Weiss**
Sports Director
karina.weiss@lbymca.org
- **Jordan Espy**
Sports Staff Lead
jordan.espy@lbymca.org

GYMNASIUM TERMINOLOGY

- **Open Gym:** Gym is opened for all members
- **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)
- **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 RULES

- **Rotation when more than 12 players present:**
 - ◆ The winners of the first game shall stay on the court for a second game. They can choose to stay together or split with new partners.
 - ◆ If the winning team stays together, they must retire after the second game, win or lose, and the court will have 4 new players. If the winning team splits with new players, the only player that would remain would be the newest player.
- **Challenge Court:**
 - ◆ A challenge court will be available when there are more than 12 players present. Challenge court will be available for advance players only. Same rotation rules above will apply.