



GYM SCHEDULE

GYM 1, 2, & 3 SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open (1) 6:30am-6:45pm	Open (1) 4:45am-4:30pm Shoot around ONLY	Open (1) 4:45am-4:30pm Shoot around ONLY	Open (1) 4:45am-4:30pm Shoot around ONLY	Open (1) 4:45am-4:30pm Shoot around ONLY	Open (1) 4:45am-4:30pm Shoot around ONLY	Open (1) 6:30am-6:45pm
Open (2&3) 6:30-8:00am	Open (2) 4:45-7:00am	Open (2) 4:45-7:00am	Open (2) 4:45-7:00am	Open (2) 4:45-7:00am	Open (2) 4:45-7:00am	Open (2&3) 6:30-8:00am
Open (2) 8:00am-4:00pm Shoot around ONLY	Adult Pickleball (3) 5-7:00am	Adult Pickleball (3) 5-7:00am	Adult Pickleball (3) 5-7:00am	Adult Pickleball (3) 5-7:00am	Adult Pickleball (3) 5-7:00am	Open (2) 8:00am-4:00pm Shoot around ONLY
Beginner Pickleball (3) 8:00am-12:00pm	Beginner Pickleball (2) 7-9:00am	Beginner Pickleball (2) 7-9:00am	Beginner Pickleball (2) 7-9:00am	Beginner Pickleball (2) 7-9:00am	Beginner Pickleball (2) 7-9:00am	Beginner Pickleball (3) 8:00am-12:00pm
Advanced Pickleball (3) 12-4:00pm	Senior Pickleball (3) 7-9:00am	Senior Pickleball (3) 7-9:00am	Senior Pickleball (3) 7-9:00am	Senior Pickleball (3) 7-9:00am	Senior Pickleball (3) 7-9:00am	Advanced Pickleball (3) 12-4:00pm
Open (2&3) 4-6:45pm Shoot around ONLY	Open (2&3) 9:00am-12:00pm	Open (2&3) 9:00am-12:00pm	Open (2&3) 9:00am-12:00pm	Open (2&3) 9:00am-12:00pm	Open (2&3) 9:00am-12:00pm	Open (2&3) 4-6:45pm Shoot around ONLY
	Adult Pickleball (2&3) 12-2:00pm	Adult Pickleball (2&3) 12-2:00pm	Adult Pickleball (2&3) 12-2:00pm	Adult Pickleball (2&3) 12-2:00pm	Adult Pickleball (2&3) 12-2:00pm	
	Open (2&3) 2-4:30pm	Open (2&3) 2-4:30pm	Open (2) 2-9:45pm	Open (2&3) 2-4:30pm	Open (2&3) 2-9:45pm	
	Open (1) 4:30-8:00pm Shoot around ONLY	Open (1) 4:30-8:00pm Shoot around ONLY	Open (3) 2-5:00pm	Open (1) 4:30-8:00pm Shoot around ONLY	Open (1) 4:30-8:00pm Shoot around ONLY	
	Open Gym (1,2&3) 8-9:45pm	Open Gym (1,2&3) 8-9:45pm	Open (1) 4:30-8:00pm Shoot around ONLY	Open Gym (1,2&3) 8-9:45pm	Open Gym (1) 8-9:45pm	
			Open Volleyball (3) 5:30-7:30pm			
			Open (1&3) 8-9:45pm			

*Hours subject to change

GENERAL RULES:

- Children younger than 10 must be supervised by an adult.
- Bags must be secured in a locker or cubby.
- The YMCA is not responsible for any lost or stolen items.
- Proper athletic attire and gym shoes must be worn at all times.
- Drinks must be in closed, non-breakable containers. No food allowed.
- No profanity or physical and verbal altercations.
- Headphones must be used for personal audio.
- Please be kind, courteous and considerate to other members and staff.
- Unauthorized personal training or organized team activity by non-YMCA staff prohibited.

Pick Up Rules:

Open gym times are posted and available in the Crossroads Y app. Pick-up games permitted only if space allows.

- One or two courts must be left available for open shooting.
- All members have an equal opportunity to use the gymnasium.
- Pick-up games are played to 11, with initial 10 playing first game.
- After every game, 5 new players rotate in. If more than 15 members are playing, 10 new players rotate in after every game.