



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL  
11.24.2020

# GYMNASIUM SCHEDULE

## MONDAY

FRONT HALF BACK HALF

5:00-9:00am  
OPEN GYM  
Reserve your basket

9:00-11:30am  
CHILD CARE  
Closed for members

## TUESDAY

FRONT HALF BACK HALF

5:00-8:30am  
OPEN GYM  
Reserve your basket

8:30-9:30am  
Group Exercise Class  
STRENGTH &  
BALANCE  
Open to all!

11:30-1:00  
Pickleball  
Open to all!

6:00-7:00pm  
Group Exercise Class  
SPINNING  
Open to all!

## WEDNESDAY

FRONT HALF BACK HALF

5:00-9:00am  
OPEN GYM  
Reserve your basket

9:00-11:30am  
CHILD CARE  
Closed for members

5-5:30pm  
INDOOR ARCHERY  
Paid and Registered Program

## THURSDAY

FRONT HALF BACK HALF

5:00-8:30am  
OPEN GYM  
Reserve your basket

8:30-9:30am  
Group Exercise Class  
SENIOR CARDIO

9:30-11:30am  
CHILD CARE  
Closed for members

5:30-7:30pm  
BADMINTON  
Paid and Registered Program

## FRIDAY

FRONT HALF BACK HALF

5:00-8:30am  
OPEN GYM  
Reserve your basket

8:30-9:30am  
Group Exercise Class  
SENIOR CARDIO

9:30-11:30am  
CHILD CARE  
Closed for members

11:30-1:00  
Pickleball  
Open to all!

## SATURDAY

FRONT HALF BACK HALF

7:00-8:30am  
OPEN GYM  
Reserve your basket

8:15-9:15am  
Group Exercise Class  
SPINNING  
Open to all!

PAID AND REGISTERED CLASSES  
9:30am-12:15pm

10:15-10:45am  
INDOOR ARCHERY  
11:00-11:45am  
Basketball Clinic

12:00pm-12:45pm  
Basketball Clinic

## SUNDAY

FRONT HALF BACK HALF

7:00-9:00am  
BADMINTON  
Paid and Registered Program

9:15-9:45am  
Soccer Clinic  
Paid and Registered Program

10:00-10:30am  
Soccer Clinic  
Paid and Registered Program

Schedule subject to change based upon programming. ❖ Single basket reservations must be made prior to entering the gymnasium. Register at the welcome center in person or by phone 860-793-9631. Reservations can be made 2 days in advance. Reservations are limited to 2 slots per week/person.

### OPEN BASKETBALL GYM TIMES:

Mon. 5:00am-9:00, 11:30am-7:00pm  
Tues. 5:00am-8:30am, 9:30-11:30am, 1:00-6:00pm

Wed. 5:00-9:00am, 11:30am-5:00pm, 5:30-7:00pm

Thurs. 5:00-8:30am, 11:30am-5:30pm

Fri. 5:00-8:15am, 1:00-7:00pm

Sat. 7:00-8:30am-1:00-4:00pm

Sun. 10:30am-4:00pm

## General Gymnasium Rules:

We welcome you to use the Gymnasium, but due to Covid restrictions and in the best interest of keeping everyone safe, you must adhere to the following protocols:

- ❖ **Masks must be worn at all times! The only exception is during a designated Group Fitness Class.**
- ❖ **Participants must maintain 6 foot distancing.**
- ❖ **Single basket reservations must be made prior to entering the gymnasium. Register at the welcome center in person or by phone 860-793-9631. Two people from the same household can play one basket. Membership will confirm household members.**
  
- ❖ You must provide your own ball or equipment.
- ❖ No Food or Drinks—Capped Water Bottles Only.
- ❖ Youth under 10 are allowed in the gym with a parent/guardian.
- ❖ Youth 10 and 11 are allowed in the gym with a parent/guardian in the building.
- ❖ Youth ages 12-18 are allowed in the gym without a parent in the facility.
- ❖ Please uphold the YMCA's Character Values of Caring, Honesty, Respect and Responsibility. No arguing or fighting, family appropriate language is required at all times.
- ❖ Thank you for leaving cell phone conversations outside of the Gymnasium. Please limit texting and the use of social media while in the Gym.
- ❖ Use of photography and videography is prohibited.
- ❖ Shirts and athletic shoes are required. Please use a locker for all coats and bags.
- ❖ Please be respectful of our schedule and the sharing of court space.
- ❖ During inclement weather, modified schedules may exist to accommodate programs.

Open Gym Single Basket – All are welcome to use the gymnasium for basketball (single basket only) and other activities. No teams.

Family Friendly Gym – All families (parents with young children) are welcome to use the gymnasium for basketball (single basket only) and other activities. Members of the same family may play one basket.

Pickleball - an indoor or outdoor game that is played on a level court with short-handled paddles and a perforated plastic ball volleyed over a low net by two players or pairs of players. Pickleball is a paddle sport that was created for all ages and skill levels.