



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF
<b>Health &amp; Wellness Fitness Classes</b> 5:00A-6:45A 8:00A-11:00A		<b>Health &amp; Wellness Fitness Classes</b> 5:00A -6:30A 10:00A - 11:00A		<b>Health &amp; Wellness Fitness Classes</b> 5:00A -6:30A 8:00A - 10:00A		<b>Health &amp; Wellness Fitness Classes</b> 5:00A -6:00A 10:00A - 12:00P		<b>Health &amp; Wellness Fitness Classes</b> 5:00A - 6:45A 9:00A - 10:00A		<b>Health &amp; Wellness Fitness Classes</b> 8:30A-10:30A		<b>Health &amp; Wellness Fitness Classes</b> 7:00A - 10:30A	
<b>Open Gym Sign-in Required</b> 6:45A - 7:45A 11:15A—12:15P		<b>Open Gym Sign-in Required</b> 6:45A - 9:30A 11:00A -12:00P		<b>Open Gym Sign -in required</b> 6:30A - 7:45A		<b>Open Gym Sign-in Required</b> 6:15A - 9:45A		<b>Open Gym Sign-in required</b> 6:45A - 8:45A		<b>Open Gym Sign-in Required</b> 7:00A - 8:15A 10:45A-12:45P		<b>Open Gym Sign-in Required</b> 10:00A-12:45P	
				<b>Pickleball</b> 10:15A -12:00P <b>Pre-Registration required</b>				<b>Pickleball</b> 10:15 AM-12:00P <b>Pre-Registration required</b>					
<b>Hybrid Care Phys. Ed.</b> 12:30P -1:30P		<b>Hybrid Care Phys. Ed.</b> 12:30 pm-1:30pm		<b>Hybrid Care Phys. Ed.</b> 12:30P -1:30P & 3:00P -4:15P		<b>Hybrid Care Phys. Ed.</b> 12:30P -1:30P		<b>Hybrid Care Phys. Ed.</b> 12:30P -1:30P					
<b>Open Gym Sign-in Required</b> 1:45P-5:15P		<b>Open Gym Sign-in Required</b> 1:45P - 4:15P				<b>Pickleball</b> 1:45P -4:00P <b>Pre-Registration required</b>		<b>Open Gym Sign-in Required</b> 1:45P -6:45P					
<b>Health &amp; Wellness Fitness Classes</b> 5:30P-6:45P		<b>Health &amp; Wellness Fitness Classes</b> 4:30P-6:45P		<b>Health &amp; Wellness Fitness Classes</b> 4:30P-6:45P		<b>Health &amp; Wellness Fitness Classes</b> 4:30P-6:45P							

**Schedule subject to change based on programming.**

**Open Gym is for single basket drills and family use. Sign-in required.**

**TEEN CENTER**  
**Hybrid Care**  
K-6th.  
8:00 am to 4:00 pm

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**TEEN CENTER**  
**CLOSED**

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**CLOSED**

## General Gymnasium Rules:

- 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.
- NO PHOTO TAKING.
- 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
- Gym will close 15 minutes earlier than facility closes
- During inclement weather, modified schedules may exist to accommodate programs

## Definitions:

Adult – Ages 16 and up

Teen – Ages 10 to 16

5v5 - Basketball game played between two teams with five players each allowed on the court at any one time.

Open Gym Single Basket – All are welcome to use the gymnasium for basketball (single basket only) and other activities. No teams. Recommended ages 7 and up.

Family Friendly Gym – All families (parents with young children) are welcome to use the gymnasium for basketball (single basket only) and other activities.

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.

## Kid's Night Out

Parents enjoy a Friday night out while kids enjoy a fun night at the Y! Children will play games, swim when available, are provided dinner and check out an age appropriate movie! Call or check in at the Welcome Desk for dates & times and to register!

## Parties at the Y

Host your next celebration at the Hale YMCA. A variety of party packages are available. Call or check in at the Welcome Desk or email [veronica.larocque@ghymca.org](mailto:veronica.larocque@ghymca.org) for a brochure or for more information.