



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring
2021

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 |
| Health & Wellness Fitness Classes 5:00A-6:30A | | Health & Wellness Fitness Classes 5:00A-6:30A | | Open Gym 5:00A - 8:45A | | Health & Wellness Fitness Classes 5:00A-6:30A | | Health & Wellness Fitness Classes 5:00A - 6:45A | | Open Gym Reservation Required 7:00A-8:00A | | Health & Wellness Fitness Classes 7:00A - 10:30A | |
| Open Gym 6:30A - 8:45A | | Open Gym 6:45A - 9:45A | | Health & Wellness Fitness Classes 9:00A-10:00A | | Open Gym 6:45A - 9:45A | | Open Gym 6:45A - 8:45A | | | | | |
| Health & Wellness Fitness Classes 8:45A-11:00A | | Health & Wellness Fitness Classes 10:00A-11:00A | | Pickleball 10:15A - 12:00P Pre-Registration | | Health & Wellness Fitness Classes 10:00A - 12:30P | | Health & Wellness Fitness Classes 9:00A - 10:00A | | Health & Wellness Fitness Classes 8:30A - 9:30A | | Youth Basketball Program 10:00A-11:00A | |
| Open Gym Reservation Required after 2PM 11:15P-6:30P | | Open Gym Reservation Required after 2PM 11:15P - 6:30P | | Open Gym Reservation Required after 2PM 1:45P-4:15P | | Pickleball 1:45P - 4:00P Pre-Registration required | | Pickleball 10:15A-12:00P Pre-Registration required | | Open Gym Reservation Required 9:45A-12:30P | | Open Gym Reservation Required 11:00A-12:45P | |
| | | | | Health & Wellness Fitness Classes | | Health & Wellness Fitness Classes 4:30P-6:45P | | Open Gym Reservation Required after 2PM 12:15P - 6:30P | | | | | |

Reservation required for Hoops after 2PM
60 minute sessions
2 people per hoop. 1v1 allowed
Arrive together, play together

TEEN CENTER
CLOSED

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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 for a brochure or for more information.