

GYMNASIUM SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFECTIVE
4/12/2021-5/23/2021

MONDAY

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

9:00-11:30
CHILDCARE
Closed for members

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

1:30-7:00pm
OPEN GYM
Reserve your basket

TUESDAY

5:00-8:15am
OPEN GYM
Reserve your basket

8:30-9:30
Group Exercise
Strength & Balance

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

11:30-7:00pm
OPEN GYM
Reserve your basket

WEDNESDAY

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

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

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

1:30-6:15pm
OPEN GYM
Reserve your basket

6:30-7:30pm
Volleyball 7th-8th
grade

THURSDAY

5:00-8:15am
OPEN GYM
Reserve your basket

8:30-9:30
Group Exercise
SENIOR CARDIO

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

11:30-4:30pm
OPEN GYM
Reserve your basket

4:30-7:15pm
Badminton
Paid & Registered
Program

FRIDAY

5:00-8:15am
OPEN GYM
Reserve your basket

8:30-9:30
Group Exercise
SENIOR CARDIO

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

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

1:30-7:00pm
OPEN GYM
Reserve your basket

SATURDAY

7:00-9:00am
BADMINTON
Paid & Registered
program

9:00-1:00pm
OPEN GYM
Reserve your basket

SUNDAY

7:00-8:45am
BADMINTON
Paid & Registered
program

Basketball
9:00-9:30am age 3-4
9:45-10:30am age 5-6
10:45-11:30am age 7-8

11:45am-1:00pm
OPEN GYM
Reserve your basket

OPEN BASKETBALL GYM TIMES

MON 5:00am-9:00am, 1:30pm-7:00pm

TUES 5:00am-8:15am, 11:30am-7:00pm

WED 5:00am-9:00am, 1:30pm-6:15pm

THURS 5:00am-8:15am, 11:30am-4:30pm

FRI 5:00am-8:15am, 1:30pm-7:00pm

SAT 9:00am-1:00pm

SUN 11:45am-1:00pm

Schedule subject to change based upon programming or inclement weather.

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/per person.

WHEELER REGIONAL FAMILY YMCA, 149 Farmington Ave., Plainville, CT 06062 860-793-9631

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.