

GYMNASIUM SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFECTIVE
9/15/2021

MONDAY

5:00-9:00am
OPEN GYM

9:00-11:30am
CHILDCARE
Closed for members

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

1:30-7:00pm
OPEN GYM

TUESDAY

5:00-8:15am
OPEN GYM

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

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

11:30-7:00pm
OPEN GYM

WEDNESDAY

5:00-9:00am
OPEN GYM

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

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

1:30-6:15pm
OPEN GYM

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

THURSDAY

5:00-8:15am
OPEN GYM

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

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

11:30-7:00pm
OPEN GYM

FRIDAY

5:00-8:15am
OPEN GYM

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

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

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

1:30-5:00pm
OPEN GYM

5:00-7:00pm
Badminton
Paid & Registered
Program

SATURDAY

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

9:15-10:00am
OPEN GYM

10:15-12:00pm
BASKETBALL CLINIC
Paid & Registered
Program

12:00-1:00pm
OPEN GYM

SUNDAY

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

9:30-12:00pm
Co-Ed Tumbling
Paid & Registered
Program

12:00-1:00pm
OPEN GYM

OPEN BASKETBALL GYM TIMES

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

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

WED 5:00am-9:00am, 1:30pm-4:30pm

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

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

SAT 9:15am-10:00am, 12:00pm-1:00pm

SUN 12:00pm-1:00pm

Schedule subject to change based upon programming or inclement weather.

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

General Gymnasium Rules:

- ❖ 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.