



# Intersession 2010 Main Gym Schedule

August 23 - September 5

**GYM CLOSED**  
August 23 - September 1

**OPEN** Any member or guest may use the gym. Please be considerate of small children. Games limited to one basket.

**ADULT BASKETBALL** Open basketball games for adult (18+) members or guests except where noted for members only.

**FAMILY GYM** Open gym for YMCA families or guest families. Children must be accompanied by an adult.

**FRIDAY NIGHT HOOPS** 1st, 2nd & 3rd Friday of the month grade 5-12. 9:30-12:00 midnight.

### West YMCA Gym Rules

- No dunking on the baskets. YMCA employees have the right to eject anyone seen dunking.
- Full court basketball games are limited to adult basketball and Midnight Hoops.
- No horseplay, running, shoving, or dunking.
- No food or drink in the gym.
- Hoops are lowered only during class, leagues and during times when a YMCA supervisor is assigned to the gym.
- The gym schedule attempts to give all age groups and activities as much time as possible.
- Everyone is expected to comply with this schedule.
- No foul or abusive language will be tolerated.

Revised 7/22/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:30						Building Open 6:00am	
5:30-5:45							
5:45-6:00							
6:00-6:15							
6:15-6:30	ADULT Basketball		ADULT Basketball				
6:30-6:45							
6:45-7:00							
7:00-7:15							
7:15-7:30							
7:30-7:45							
7:45-8:00							Building Open 9:00am
8:00-8:15							
8:15-8:30	OPEN		OPEN	OPEN	OPEN		
8:30-8:45							
8:45-9:00							
9:00-9:15							
9:15-9:30							
9:30-9:45							
9:45-10:00							
10:00-10:15						OPEN	OPEN
10:15-10:30							
10:30-10:45							
10:45-11:00							
11:00-11:15							
11:15-11:30							
11:30-11:45							
11:45-12:00	NOON Basketball		NOON Basketball		NOON Basketball		
12:00-12:15							
12:15-12:30							
12:30-12:45							
12:45-1:00							
1:00-1:15							
1:15-1:30							
1:30-1:45							
1:45-2:00							
2:00-2:15							
2:15-2:30							
2:30-2:45							
2:45-3:00							
3:00-3:15							
3:15-3:30							
3:30-3:45							
3:45-4:00							
4:00-4:15	OPEN	OPEN	OPEN	OPEN	OPEN		
4:15-4:30							
4:30-4:45							
4:45-5:00							
5:00-5:15							
5:15-5:30							
5:30-5:45							
5:45-6:00							
6:00-6:15							
6:15-6:30							
6:30-6:45							
6:45-7:00			Rec Basketball				
7:00-7:15							
7:15-7:30							
7:30-7:45							
7:45-8:00							
8:00-8:15							
8:15-8:30							
8:30-8:45							
8:45-9:00							
9:00-9:15							
9:15-9:30							
9:30-9:45							
9:45-10:00					Midnight Hoops 8:30 - 12:00 Jan.2 ONLY		
10:00-10:30						Building Closes at 7:00	

**Please Note:**  
All fees, rates, and schedules are subject to change without advanced notice.