



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

January through March 2018

Schedule subject to change without notice

GYM A - closer half court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	7:00 - 7:45am Open Gym	9:00 - 8:00pm Open Gym
8:00am - 10:30pm Open Gym	8:00am - 10:30pm Open Gym	8:00am - 5:00pm Open Gym	8:00am - 5:30pm Open Gym	8:00am - 5:00pm Open Gym	8:00 - 3:00pm YMCA Youth Basketball League	
		5:00 - 9:00pm YMCA Youth Basketball League	5:30 - 6:30pm YMCA 7th Grade Basketball	5:00 - 9:00pm YMCA Youth Basketball League	3:00 - 8:00pm Open Gym	
		9:00 - 10:30pm Open Gym	6:30 - 10:30pm Open Gym	9:00 - 10:30pm Open Gym		

GYM B - further half court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	7:00 - 7:45am Open Gym	9:00 - 1:30pm Open Gym
8:00 - 9:00am Open Gym	8:00 - 9:00am Open Gym	8:00 - 9:00am Open Gym	8:00 - 9:00am Open Gym	8:00 - 9:00am Open Gym	7:45 - 11:00am YMCA Youth Basketball League	1:30 - 4:30pm YMCA Birthday Parties
9:00 - 11:00am The Lewis School Gym Class	9:00 - 11:45am The Lewis School Gym Class	9:00 - 11:45am The Lewis School Gym Class	9:00 - 11:00am The Lewis School Gym Class	9:00 - 11:45am The Lewis School Gym Class	11:00 - 8:00pm YMCA Fencing Class	4:30 - 8:00pm Open Gym
11:00 - 2:00pm Open Gym	11:45 - 2:00pm Open Gym	11:45 - 5:00pm Open Gym	11:00 - 2:00pm Open Gym	11:45 - 2:00pm Open Gym		
2:00 - 2:45pm The Lewis School Gym Class	2:00 - 2:45pm The Lewis School Gym Class		2:00 - 2:45pm The Lewis School Gym Class	2:00 - 2:45pm The Lewis School Gym Class		
2:45 - 4:30pm Open Gym	3:00 - 10:30pm YMCA Fencing Class	5:00 - 9:00pm YMCA Youth Basketball League	3:00 - 10:30pm YMCA Fencing Class	2:45 - 5:00pm Open Gym		
4:30 - 10:30pm YMCA Fencing Class		9:00 - 10:30pm Open Gym		5:00 - 9:00pm YMCA Youth Basketball League		

GYM A & B WILL BE CLOSED FOR YMCA YZONE PROGRAM FROM 7AM-6PM ON THE FOLLOWING DATES:

January 15, 2018 | February 16 & 19, 2018 | March 29, 2018 | April 2-6, 2018

OPEN GYM:

All players under 12 must be actively supervised by an adult.
Gym is to be shared amongst all for basketball or open play.
All gym rules apply.

YMCA PROGRAMS OR GROUP USAGE:

Times are reserved for scheduled YMCA programs or rentals.
The Y reserves the right to use the gym for Y events with or without notice, although we strive to provide at least one week's notice.

GYMNASIUM GUIDELINES

- The Gym rules are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area.
- Unsportsmanlike behavior and foul language will not be tolerated and is subject to loss of membership privileges or termination of participation.
- When a class or activity is not in session, it is considered Open Gym. No one person or group has exclusive or implied use of the gym in whole or in part. Please respect the times given on the posted schedule.
- The YMCA reserves the right to use the gym for YMCA events or programs with or without notice, although we strive to provide sufficient notification.
- The YMCA reserves the right to refuse access to anyone who isn't abiding by the rules or policies. The YMCA also reserves the right to amend the Gym Rules as needed.

BE CARING

- When programs are in progress please walk to the sides of the gymnasium.
- Sneakers only please.
- Please do not play or sit on any items or other equipment stored in the gymnasium.
- Report any concerns to the member service desk.

BE RESPECTFUL

- Please limit your play to one hoop so others can enjoy the gym as well.
- Swearing, fighting and other obscenities are strictly prohibited.
- Players may be dismissed immediately for policy violation with additional consequences to follow
- Children 12 years old and under must be accompanied by an adult at all times.
- No Shoes / No Shirt / No Gymnasium time.
- Water only, no food or other beverages allowed in the gymnasium.
- Misuse of equipment is prohibited.
- Basketballs are no to be dribbled anywhere in the building except for the gymnasium.
- Court preference always goes to the specified age group in the allotted time during the day.

BE RESPONSIBLE

- Put all trash and recyclables in proper containers.
- All injuries requiring first aid need to be reported to the member service desk.
- No hanging on the rim and structure supports!!!
- Please secure your personal items at all times. The YMCA is not responsible for lost or stolen items.

BE HONEST

- Help each other.
- Display good sportsmanship. No Trash Talk!
- Encourage each other.
- Play Fair.
- Have Fun!!!

TRAINING AND COACHING AT THE YMCA

Personal training or coaching for a fee at the YMCA is provided by YMCA employees only. As examples, this includes fitness training, swim coaching, and any type of sports coaching. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA for a fee to members or participants.

Due to liability issues and member experience concerns, the YMCA requires all trainers & coaches working within the building to be employed by the YMCA, maintain certification through a nationally recognized organization and meet specific academic requirements essential for quality personal training and coaching.

An individual may be seen as personal training coaching if he/she is:

- receiving payment for an exercise or coaching session
- designing a program or workout
- providing exercise, sports, or swim techniques

WHY NO OUTSIDE COACHING OR TRAINING?

The YMCA cannot adequately control the quality of training or coaching from individuals that are not employed by the YMCA. These individuals may not have adequate academic background, ability, training or experience to correctly train members. The YMCA is limited in its ability to regulate outside trainers in order to prevent or correct potential erroneous information or technique passed on to members.

Individuals not employed by the YMCA have not been trained by the YMCA on staff policies and procedures and therefore are unauthorized trainers in YMCA facilities. Additionally they have not completed a full background check which is required of all YMCA employees.

A legal liability arises for the YMCA if we are aware of outside trainers & coaches working within the YMCA, and profiting from the use of YMCA's equipment and facilities without consent violates the YMCA's non-profit status as a 501(c)3 organization.

Failure to comply with the Fee-Based Training and Coaching Policy is in direct violation of YMCA policy and may result in suspension or termination of YMCA membership privileges.

The use of the YMCA for outside training & coaching is in direct competition with the training and coaching services that the YMCA offers.

