

## Marion Family YMCA Gym Schedule APRIL 30-JUNE 3, 2023

| NORTH GYM                        |   |   |   |   |   |                                  |                                     |
|----------------------------------|---|---|---|---|---|----------------------------------|-------------------------------------|
| SUN                              | MON   | TUES  | WED   | THURS   | FRI   | SAT                              |                                     |
|                                  | Open Gym<br>5:30am - 09:00 am                               | Open Gym<br>5:30am - 09:00 am                               | Open Gym<br>5:30am - 09:00 am                               | Open Gym<br>5:30am - 09:00 am                               | Open Gym<br>5:30am - 09:00 am                               |                                  |                                     |
|                                  | Y Preschool/SACC<br>9:00 - 10:00                            | Y Preschool/SACC<br>9:00 - 10:00                            | Y Preschool/SACC<br>9:00 - 10:00                            | Y Preschool/SACC<br>9:00 - 10:00                            | Y Preschool/SACC<br>9:00 - 10:00                            |                                  |                                     |
|                                  | OPEN GYM<br>10:00 - 11:30                                   | OPEN GYM<br>10:00 - 11:30                                   | OPEN GYM<br>10:00 - 11:30                                   | OPEN GYM<br>10:00 - 11:30                                   | OPEN GYM<br>10:00 - 11:30                                   |                                  | Open Gym<br>8:00 - 12:00            |
|                                  | Full Court<br>11:30 - 2:00 pm<br>Open Gym<br>2:00 - 3:00 pm | Full Court<br>11:30 - 2:00 pm<br>Open Gym<br>2:00 - 3:00 pm | Full Court<br>11:30 - 2:00 pm<br>Open Gym<br>2:00 - 3:00 pm | Full Court<br>11:30 - 2:00 pm<br>Open Gym<br>2:00 - 3:00 pm | Full Court<br>11:30 - 2:00 pm<br>Open Gym<br>2:00 - 3:00 pm |                                  | Full Court<br>12:00 pm -<br>2:00 pm |
| Open Gym<br>1:00 pm -<br>4:45 pm | Y Preschool<br>2:00 - 3:30 pm                               | Y Preschool<br>2:00 - 3:30 pm                               | Y Preschool<br>2:00 - 3:30 pm                               | Y Preschool<br>2:00 - 3:30 pm                               | Y Preschool<br>2:00 - 3:30 pm                               | Open Gym<br>2:00 pm -<br>3:45 pm |                                     |
|                                  | SACC<br>3:30 - 5:30   | SACC<br>3:30 - 5:30   | SACC<br>3:30 - 5:30   | SACC<br>3:30 - 5:30   | SACC<br>3:30 - 5:30   |                                  |                                     |
|                                  | OPEN GYM<br>5:30 - 8:45 pm                                  | OPEN GYM<br>5:30 - 8:45 pm                                  | OPEN GYM<br>5:30 - 8:45 pm                                  | OPEN GYM<br>5:30 - 8:45 pm                                  | OPEN GYM<br>5:30 - 8:45 pm                                  |                                  |                                     |
|                                  |   |   |   |   |   |                                  |                                     |

| SOUTH GYM                 |                               |                                       |                               |                                       |                               |                               |
|---------------------------|-------------------------------|---------------------------------------|-------------------------------|---------------------------------------|-------------------------------|-------------------------------|
| SUN                       | MON                           | TUES                                  | WED                           | THURS                                 | FRI                           | SAT                           |
|                           | Pickleball<br>5:30am -11:45am | Open Gym<br>5:30am-10:15am            | Pickleball<br>5:30am -11:45am | Open Gym<br>5:30am-10:15am            | Pickleball<br>5:30am -12:00pm | Pickleball<br>8:30am-10:00 am |
|                           |                               | Delay the Disease<br>10:15am-11:45am  |                               | Delay the Disease<br>10:15am-1145am   |                               |                               |
| Pickleball<br>1:00-4:45pm | Open Gym<br>11:45-8:45 pm     | Open Gym<br>11:45-2:00 pm             | Open Gym<br>11:45-8:45 pm     | Open Gym<br>11:45-2:00 pm             | Open Gym<br>12:00 - 6:45 pm   | Open Gym<br>10:00-3:45 pm     |
|                           |                               | Beginner Pickleball<br>2:00 - 3:15 pm |                               | Beginner Pickleball<br>2:00 - 3:15 pm |                               |                               |
|                           |                               | OPEN GYM<br>3:15 - 6:00 pm            |                               | Pickleball 3:15<br>- 5:00 pm          |                               |                               |
|                           |                               | Martial Arts 6:00<br>- 7:00 pm        |                               | Open Gym 5:00<br>- 6:00 pm            |                               |                               |
|                           |                               | Open Gym<br>7:00 - 8:45 pm            |                               | Martial Arts 6:00<br>- 7:00 pm        |                               |                               |
|                           |                               |                                       |                               |                                       |                               |                               |

## **MARION FAMILY YMCA GYM RULES**

Our gyms are a great asset for everyone and help us work together to nurture the potential of youth and teens through sport programs; help individuals and families of all ages improve their health & well-being through physical activity; and give our volunteer coaches an opportunity to give back and support their community.

We require all members and guests adhere to the posted gym schedule and treat one another with caring, honesty, respect and responsibility through being a good sport and by following these simple rules:

- Full court games are limited to designated times on the gym schedule November through April...no full court games during Open Gym times November through April.
- Staff may restrict full court games during Open Gym May through October on an as needed basis due to heavy gym demand.
- Wear only proper gym shoes on the court floor and only gym shoes that haven't been worn outside.
- All food and drink must remain in the lobby...water is the only beverage allowed in the gym.
- Do not hang on the rims or nets.
- Do not touch, hang on or pull the gym curtain.
- Respect those around you and the gym schedule.
- Use all gym equipment as intended.
- Follow any posted rules for game play.
- Share space during Open Gym and allow new players in during Pick-Up Games.
- Be respectful of others including no fighting or inappropriate language.

The YMCA will adjust the gym schedule from time to time to accommodate program and members' needs. If you have schedule suggestions, please leave a comment card at the Service Center. All members and guests are expected to follow the posted schedule.

The Y. For a Better Us.™