

# GYM SCHEDULE

## SPRING/SUMMER 2012



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Gym Rules

- No food or drink allowed in the gym.
- Gym bags and other personal belongings are not to be brought into the gym. Please secure your personal belongings in a locker while at the Y.
- Children under age 8 must be accompanied and supervised by an adult.
- No dunking or grabbing on the rims or nets at any time.
- Proper athletic attire and non-marking athletic shoes must be worn at all times.
- Please return all basketballs to the ball rack when finished playing.
- No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.
- Be respectful of others by refraining from the use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and unsportsman-like conduct.
- Full court basketball is not permitted during Open Gym times.
- All competitors, of any age or skill level, are allowed an equal opportunity for gym use and to become involved in any activities taking place during Open Gym times.
- The Y is not responsible for personal injury, or for lost, damaged or stolen items.
- Report all injuries to a staff member on duty.
- The Y may adjust the gym schedule at any time to meet program needs.
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.

Family Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-10:30a <b>OPEN GYM</b>	5:00-7:00a <b>PICK UP BALL</b>	5:00-10:30a <b>OPEN GYM</b>	5:00-7:00a <b>PICK UP BALL</b>	5:00-10:30a <b>OPEN GYM</b>	6:30a-4:15p <b>OPEN GYM</b>	<b>CLOSED</b>
10:30-1:00p <b>NOON BALL</b>	7:00-1:30p <b>OPEN GYM</b>	10:30-1:00p <b>NOON BALL</b>	7:00a-8:45p <b>OPEN GYM</b>	10:30-1:00p <b>NOON BALL</b>		
1:00-8:45p <b>OPEN GYM</b>	1:30-3:30p <b>PROGRAM TIME*</b>	1:00-8:45p <b>OPEN GYM</b>		1:00-8:45p <b>OPEN GYM</b>		
	3:30-8:45p <b>OPEN GYM</b>					

Pick Up Ball and Noon Ball are designated times for adult "pick up" basketball games.

\*Indicates Half-Gym will be open

Community Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00a <b>OPEN GYM</b>	5:00-9:00a <b>OPEN GYM</b>	5:00-9:00a <b>OPEN GYM</b>	5:00-9:00a <b>OPEN GYM</b>	5:00-9:00a <b>OPEN GYM</b>	6:30a-1:00p <b>OPEN GYM</b>	<b>CLOSED</b>
9:00-10:30a <b>PROGRAM TIME</b>	9:00-10:30a <b>PROGRAM TIME*</b>	9:00-10:30a <b>PROGRAM TIME</b>	9:00-11:00a <b>PROGRAM TIME</b>	9:00-10:30a <b>PROGRAM TIME</b>	1:00-2:30p <b>PROGRAM TIME</b>	
10:30-2:00p <b>OPEN GYM</b>	10:30-2:00p <b>OPEN GYM</b>	10:30-1:00p <b>OPEN GYM</b>	11:00-2:00p <b>OPEN GYM</b>	10:30-2:00p <b>OPEN GYM</b>	2:30-4:15p <b>OPEN GYM</b>	
2:00-3:00p <b>PROGRAM TIME*</b>	2:00-3:00p <b>PROGRAM TIME*</b>	1:00-3:00p <b>PROGRAM TIME*</b>	2:00-3:00p <b>PROGRAM TIME*</b>	2:00-3:00p <b>PROGRAM TIME*</b>		
3:00-4:00p <b>PROGRAM TIME</b>	3:00-4:00p <b>PROGRAM TIME</b>	3:00-4:00p <b>PROGRAM TIME</b>	3:00-4:00p <b>PROGRAM TIME</b>	3:00-4:00p <b>PROGRAM TIME</b>		
4:00-5:00p <b>JUST PLAY PROGRAM</b>	4:00-5:00p <b>JUST PLAY PROGRAM</b>	4:00-5:00p <b>JUST PLAY PROGRAM</b>	4:00-5:00p <b>JUST PLAY PROGRAM</b>	5:00-7:00p <b>PROGRAM TIME*</b>		
5:00-7:00p <b>PROGRAM TIME*</b>	5:00-7:00p <b>PROGRAM TIME*</b>	5:00-7:00p <b>PROGRAM TIME*</b>	5:00-7:00p <b>PROGRAM TIME*</b>	7:00-8:45p <b>OPEN GYM</b>		
7:00-8:45p <b>OPEN GYM</b>	7:00-8:45p <b>OPEN GYM</b>	7:00-8:45p <b>OPEN GYM</b>	7:00-8:45p <b>OPEN GYM</b>			

\*Indicates Half-Gym will be open

### FOND DU LAC FAMILY YMCA

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