



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

C.W. Avery Family YMCA Gym Schedule Winter 1 & 2 Session January 18th-March 14th, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled Programs & Classes					
Boot Camp 5:30a-6:30am Court 1 & 2		Boot Camp 5:30a-6:30am Court 1 & 2		Boot Camp 5:30a-6:30am Court 1 & 2	
	Sports Class 9:30-10:00am Court 2	Sports Class 9:30-10:00am Court 2			
	Sports Class 10:10-10:40am Court 2	Sports Class 10:15-11:00am Court 2			
	Sports Class 10:45-11:30am Court 2	Sports Class 11:15am-12:00pm Court 2			Sunday
			Sports Class 3:30-4:30pm Court 2		
Sports Class 5:00-6:00pm Court 2	Sports Class 5:00-5:45pm Court 2	Sports Class 4:30-5:15pm Court 2	Sports Class 5:00-6:00pm Court 2		
Sports Class 6:00-7:00pm Court 2	Sports Class 6:00-7:00pm Court 2	Sports Class 5:30-6:30pm Court 2	Sports Class 6:00-7:00pm Court 2		
		Sports Class 6:30-7:30pm Court 2	Sports Class 7:00-8:00pm Court 2		

Shaded programs require pre-registration

Open Gym Schedule and Gym Rules on Back





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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym						
Court 1	5:00-5:15am 6:30am-10:00pm	5:00am-10:00pm	5:00-5:15am 6:30am-10:00pm	5:00am-10:00pm	5:00-5:15am 6:30am-10:00pm	6am-6:00pm
Court 2	5:00-5:15am 6:30-5:00pm 7:00-10:00pm	5:00-9:30am 11:30am-5:00pm 7:00-10:00pm	5:00-5:15am 6:30am-9:30am 12:00-4:30pm 7:30-10:00pm	5:00am-3:30pm 8:00-10:00pm	5:00-5:15am 6:30am-6:00pm 7:00-10:00pm	7am-6pm
Sunday:	(Court 1) 7:00am-4:00pm		(Court2) 7:00am-4:00pm			

Gym Rules – Including Track and Courts

These rules apply to class participants as well as general users of the gym

This schedule is subject to change for days out of school, special events and event changes due to the weather!

**There are no paid classes the week of Thanksgiving.

- **Members looking to play basketball may reserve a basket for one hour. Members are only allowed to play and reserve a hoop with other people on their membership. Reservations will be required to participate in open gym and can be made up to 24 hours in advance by doing so on the YMCA on the Go App or calling the C.W. Avery Family YMCA at (815) 267-8600 or by visiting the membership desk.**
- Only water is allowed in the gym - No food, sports drinks, pop, etc.
- Only instructors may bring stereos and sound equipment in the gym
- Appropriate attire is required in the gym – shorts, shirts, and shoes are mandatory
- For the safety of all of our members, ALL bags, coats and other belongings MUST be stored in the cubbies OR put in locker. The C.W. Avery Family YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Belongings are NOT allowed on the track or gym floor.
- Fighting will not be tolerated
- Hanging on basketball rims or nets will not be tolerated
- No full court games are allowed while classes are in progress. During times of high player traffic, when classes are in progress or at the staff member's discretion, full court games are not allowed
- Indoor Track is available for running and walking while gym curtains are down
- *Family Gym Time is reserved for children 5th grade and under, who are accompanied by an adult.