



Galowich Gym Schedule November 25-November 30

*Schedules are subject to change, please call ahead to confirm or check Facebook for adjusted times.
Gym Guidelines on back.*

East Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-7:00am	Open Gym 5am-7:00am	Open Gym 5am-7:00am	YMCA CLOSED	Open Gym 5am-10am	Open Gym 7am-2:30pm
GYM CLOSED 7am-6:00pm	GYM CLOSED 7am-6:00pm	GYM CLOSED 7am-6:00pm		Pickleball 10:15am-11:45am	
				Open Gym 12pm-7:30pm	
Open Gym 6pm-7:30pm	Pickleball 6pm-7:30pm	Open Gym 6pm-7:30pm			

West Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-7:00am	Open Gym 5am-7:00am	Open Gym 5am-7:00am	YMCA CLOSED	Open Gym 5am-10am	Open Gym 7am-2:30pm
GYM CLOSED 7am-4:00pm	GYM CLOSED 7am-4:00pm	GYM CLOSED 7am-4:00pm		Pickleball 10:15am-11:45am	
Fitness 9am-10am	Open Gym 4pm-6:00pm			Open Gym 12pm-7:30pm	
Open Gym 4pm-7:30pm	Pickleball 6pm-7:30pm	Open Gym 4pm-7:30pm			

A PLACE WHERE YOU BELONG

Facility Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Guidelines

- For the safety of all members and guests, all bags, coats and other belongings must be stored in cubbies or locked in lockers. The Galowich Family YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Only water is allowed in the gym– Please no food, sports drinks, pop, etc. Please pick up after yourself and discard or recycle in a container.
- Foul language and inappropriate behavior are unacceptable.
- Dunking and hanging on the rims is unacceptable.
- Children under the age of 10 must be accompanied by a family member 16 or older.
- Full court games are not allowed.
- Appropriate attire is required. Shirts and gym shoes are mandatory. Anyone without proper attire will be required to leave the gym.

Participants may be asked to leave the gym if not cooperating with these guidelines.