



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Gym Schedule

### Morris Hospital YMCA Gym Schedule December 30\* – February 2

\* The Gymnasium is expected to open for member use on Monday, December 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Scheduled Programs &amp; Classes</b>					
				Bootcamp 5:15-6:05am	Open Adult Basketball 7:00-9am Court 1 & 2
Open Adult Pickleball 8:00-9:30am Court 1&2		Open Adult Pickleball 8:00-10:30am Court 1&2		Open Adult Pickleball 8:00-9:30am Court 1&2	
Preschool Sports (Ages 3-4) 10:00-10:45am Court 2	Homeschool PE (Gr K-2) 9:00-10:00am Court 2		Homeschool PE (Gr K-2) 9:00-10:00am Court 2	Parent Tot Gym Jam 10:00-10:45am Court 2	
	Homeschool PE (Gr 3-8) 10:00-11:00am Court 2		Homeschool PE (Gr 3-8) 10:00-11:00am Court 2		<b>Sunday</b>
	Preschool Sports (Ages 3-4) 4:30-5:15pm Court 2	Pillow Hockey (Ages 3-4) 4:30-5:15pm Court 2	Jr. Basketball (Ages 3-4) 4:30-5:15pm Court 2		Family Volleyball 1:00-2:00pm Court 2
Pickleball League 5:30-6:30pm Court 1 & 2	All Sports (Gr K-2) 5:30-6:30pm Court 2	Floor Hockey (Gr K-2) 5:30-6:30pm Court 2	Basketball Skills & Scrimmage (Gr K-2) 5:30-6:30pm Court 2	Pickleball League 5:30-6:30pm Courts 1& 2	
Pickleball League 6:30-7:00pm Courts 1 & 2	All Sports (Gr 3-8) 6:30-7:30pm Court 2	Floor Hockey (Gr 3-8) 6:30-7:30pm Court 2	Basketball Skills & Scrimmage (Gr 3-8) 6:30-7:30pm Court 2	Pickleball League 6:30-7:00pm Courts 1 & 2	
Open Adult Basketball 7:10-9:00pm Court 2	Open Pickleball 7:30-9:00pm Court 1&2	Open Adult Basketball 7:30-9:00pm Court 2	Open Pickleball 7:30-9:00pm Court 1&2	Open Adult Basketball 7:10-9:00pm Court 2	

Shaded programs require pre-registration (Classes Begin Jan 6)

Open Gym Schedule and Gym Rules on Back

#### MORRIS HOSPITAL YMCA

2200 W. Dupont Avenue | Morris, IL 60450  
 (815) 513-8080 | www.jolietymca.org





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## Gym Schedule

### Morris Hospital YMCA Gym Schedule Open Shoot

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym						
Court 1	9:45am-5:00pm 7:10-9:00pm	5:00am-7:30pm	10:45am-9:00pm	5:00am-7:30pm	9:45am-5:00pm 7:10-9:00pm	9:30am-4:00pm
Court 2	5:00am-8:00am 11:00am-5:00pm	5:00-7:30am 12:10-4:00pm	5:00-7:30am 9:45am-4:00pm	5:00-7:30am 12:30-4:00pm	11:00am-5:00pm	9:30am-4:00pm

**Sunday:** (Court 1) 7:00am-4:00pm (Court2) 7:00am-12:45pm, 2:15-4:00pm

### 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! \*\***

- 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 put in locker. The Morris Hospital YMCA recommends bringing a lock to secure personal belongings as the Y is not responsible for lost, stolen or broken items.
- Fighting will not be tolerated
- Hanging on basketball rims or nets will not be tolerated
- Indoor Track is available for running and walking while gym curtains are down

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