



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Gym Schedule

### Morris Hospital YMCA Gym Schedule January 8 - February 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled Programs & Classes					
				Bootcamp 5:15-6:05am Court 1 & 2	Open Adult Basketball 7:00-9am Court 1 & 2
Open Adult Pickleball 8:00-9:30am Court 1&2		Open Adult Pickleball 8:00-9:30am Court 1&2		Open Adult Pickleball 8:00-9:30am Court 1&2	
			Homeschool PE (Gr 3-8) 10:00-11:00am Court 2		Sunday
			Jr. Basketball (Ages 3-4) 4:30-5:15pm Court 2		Family Volleyball 1:00- 2:00pm Court 2
Open Adult Basketball 7:10-9:00pm Court 2	Open Adult Pickleball 7:30-9:00pm Court 1 & 2	Open Adult Basketball 7:30-9:00pm Court 2	Open Adult Pickleball 7:30-9:00pm Court 1 & 2	Open Adult Basketball 7:10-9:00pm Court 2	

Shaded programs require pre-registration

Open Gym Schedule and Gym Rules on Back



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## Gym Schedule

### Morris Hospital YMCA Gym Schedule Open Shoot

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym					
Court 1	5:00-7:30am 9:45am-9:00pm	5:00am-7:00pm	5:00-7:30am 9:45am-9:00pm	5:00am-7:00pm	6:15-7:30am 9:45am-9:00pm	9:00am-4:00pm
Court 2	5:00am-8:00am 9:45am-7:00pm	5:00am-7:00pm	5:00-7:30am 9:45am-7:30pm	5:00-9:45am 11:00-4:00pm 5:15-7:00pm	9:45am-7:00pm	9:00am-12:30pm 2:30pm-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 hung on hooks in stretching area OR 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

**MORRIS HOSPITAL YMCA**

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