



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING

Shaded programs require pre-registration via the YMCA On The Go App ** Programs require pre-registration

East Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-5:00pm	Open Gym 5am–10:15am	Open Gym 5am-11am	Open Gym 5am-10am	Open Gym 5am-10am	Open Gym 7am-2:30pm
	Pickleball 10:15am-11:45am	Open Volleyball 11am-7:30pm	Homeschool Gym (Ages 4-14)** 10am-10:45am	Pickleball 10:15am–11:45am	
Basketball Skills & Scrimmage (Ages 6-9)** 5:15pm-6:15pm	Open Gym 11:45am–6pm		Open Gym 10:45am-5pm	Open Gym 11:45am-7:30pm	
Basketball Skills & Scrimmage (Ages 10-14)** 6:30pm-7:30pm	Pickleball 6pm-7:30pm		Flag Football Skills & Drills (Ages 4-17)** 5:15-6:30pm		
			Open Gym 6:30pm-7:30pm		

West Court

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5am-9:00am	Open Gym 5am–10:15am	Open Gym 5am-9am	Open Gym 5am–5pm	Open Gym 5am–10:15am	Open Gym 7am-2:30pm
Bootcamp 9am-9:45am	Pickleball 10:15am-11:45am	Bootcamp 9am-9:45am	Flag Football Skills & Drills (Ages 4-17)** 5:15pm-6:30pm	Pickleball 10:15am-11:45am	
Open Gym 10am-5:00pm	Open Gym 11:45am-5:15pm	Line Dancing 10am-10:45am	Open Gym 6:30pm-7:30pm	Open Gym 11:45am-7:30pm	
Basketball Skills & Scrimmage (Ages 6-9)** 5:15pm-6:15pm	Line Dancing 5:15pm-6:00pm	Open Gym 11am-7:30pm			
Basketball Skills & Scrimmage (Ages 10-14)** 6:30pm-7:30pm	Pickleball 6pm-7:30pm				







A PLACE WHERE **YOU BELONG**

Facility Schedule



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.

Schedules are subject to change, please call ahead to confirm, check the YMCA on the Go app, or check Facebook for adjusted times.







