



COURT SCHEDULE

FALL: SEP 1 - OCT 31

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B
5-8:00a Open Court		5-8:00a Open Court		5-8:00a Open Court		5-8:00a Open Court		5-8:00a Open Court		7-9am Open Court	
8:30a-9:15a Cardio Strength Intervals		8:30a-9:15a Bootcamp		8:30a-9:30a PIYO		8:30a-9:15a Bootcamp		8:30a-9:00a LM GRIT			
9:30a-10a Open Court		9:30a-12p Open Court	9:30a-12p Pickleball 1-court	9:35a-10a Open Court		9:30a-12p Open Court	9:30a-12p Pickleball 1-court	9:35a-10a Open Court		9a-12p Family 13U	9a-12p Open Court
10a-12p Pickleball-3 courts				10a-12p Pickleball-3 courts				10a-12p Pickleball-3 courts			
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B
12-5pm Open Court	12-5:45pm Open Court	12-4pm Open Court	12-5:45pm Open Court	12-5pm Open Court	12-5pm Open Court	12-5pm Open Court	12-5:45pm Open Court	12-4pm Open Court	12-4pm Open Court	12-5p Family 13U	12-5pm Open Court
	6-8pm Volleyball Practice	4-7pm Family 13U	6-9pm Volleyball Practice				6-8pm Volleyball Practice	4-7pm Family 13U	4-7pm Open Court		
5-9pm Open Court	8-9pm Open Court	7-9pm Open Court		6-9pm Volleyball Practice	5-9pm Open Court	5-9pm Pickleball	5-9pm Open Court	8-9pm Open Court	7-8pm Open Court	7-8pm Open Court	1-5pm Open Court

Sunday

The gym schedule may change due to YMCA programs and will be adjusted during holiday breaks.

COURT INFORMATION

- Our court is used for different programs throughout the year including volleyball, basketball, pickleball, camps, group exercise, and more.
- Members can expect changes to the court schedule due to YMCA youth programs, member events and school breaks.
- During the summer months the court will be reserved for summer camp during inclement weather or onsite events.
- 17.5 Laps on the “indoor track” = 1 mile

Court Rules

Respect other members, use appropriate language and exhibit friendly behavior.

Athletic shoes and shirts must be worn at all times.

Water bottles are welcome. Food and water cups are NOT ALLOWED and will be thrown away.

Return any equipment or balls to where they belong when finished.

YMCA Facility Guidelines

- Youth ages 8-9 years old: May use the basketball court under the supervision of a responsible guardian 14+ years old, and may use the fitness floor under the supervision of a YMCA personal trainer or wellness coach.
- Youth ages 10 years old and above: Have full use of the basketball court and may workout on the fitness floor after completing required youth orientation.

FACILITY HOURS

Mon - Thurs.....5:00am - 9:00pm
Friday.....5:00am - 8:00pm
Saturday.....7:00am - 5:00pm
Sunday.....1:00pm - 5:00pm

For more information
contact the YMCA at 972-772-9622

CHILDWATCH HOURS

Monday - Saturday.....8:00am - 1:00pm
Monday - Thursday.....4:00pm - 8:00pm
Sunday.....Closed

Included in Family Memberships

- For ages 6wks-10yrs
- Up to 90 minutes per day