



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# EAST GYM SCHEDULE

## FINDLAY FAMILY YMCA

### 2023 Winter #2

| MONDAY                              | TUESDAY                             | WEDNESDAY                           | THURSDAY                            | FRIDAY                              | SATURDAY                       | SUNDAY                           |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------|----------------------------------|
| 5:30-9am<br>Open Gym                | 5:30-10am<br>Open Gym               | 5:30-9am<br>Open Gym                | 5:30-10am<br>Open Gym               | 5:30am-3pm<br>Open Gym              | 7-10:00am<br>Open Gym          | 12:30-2:30pm<br>Birthday Parties |
| 9:15-10:00 pm<br>Seniors In Motion  | 10-11<br>CDC                        | 9:30-10:30pm<br>Seniors In Motion   | 10-11<br>CDC                        |                                     | 10:00-12:00<br>Family Gym Time |                                  |
| 10-12pm<br>Homeschool PE            | 11:30 am-3pm<br>Open Gym            | 11 am-3pm<br>Open Gym               | 11 am-3pm<br>Open Gym               |                                     | 12:00-Close<br>Open Gym        | 2:30-Close<br>Family Gym Time    |
| 10:30-3:00pm<br>Open Gym            |                                     |                                     |                                     |                                     |                                |                                  |
| 3-5 pm<br>CDC                       | 3-5 pm<br>CDC                       | 3-5pm<br>CDC                        | 3-4:30pm<br>CDC                     | 3-5 pm<br>CDC                       |                                |                                  |
| 5-8:00pm<br>Youth Volleyball League | 5-8:00pm<br>Youth Volleyball League | 5-8:00pm<br>Youth Volleyball League | 5-8:00pm<br>Youth Volleyball League | 5-8:00pm<br>Youth Volleyball League |                                |                                  |
|                                     |                                     |                                     |                                     |                                     |                                |                                  |
|                                     |                                     |                                     |                                     |                                     |                                |                                  |

### Gym Rules & Etiquette

- No food or drinks in the gym
- No foul language
- Leave outdoor footwear outside please!
- Children under the age of 10 should be supervised at all times
- Please return all equipment after use
- No fighting or use of abusive language
- Early Closures: In some instances, the gym may close 15 minutes prior to an activity starting to allow time for the safe set up of equipment.

Thank you in advance for your cooperation.

**Full Court games are only allowed when space is available.**



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# WEST GYM SCHEDULE

## FINDLAY FAMILY YMCA

### 2023 Winter #2

| MONDAY                                     | TUESDAY                                 | WEDNESDAY                              | THURSDAY                               | FRIDAY                                 | SATURDAY                               | SUNDAY               |
|--|---|--|--|--|--|----------------------|
| 5:30-9am<br>Open Gym                       | 5:30-11am<br>Open Gym                   | 5:30-11am<br>Open Gym                  | 5:30-11am<br>Open Gym                  | 5:30-11am<br>Open Gym                  | 7:00-11:00<br>Open Gym                 | 12-Close<br>Open Gym |
| 9:30-11:00am<br>Toddler Boot<br>Camp       |   |  |  |  |  |                      |
| 11 am-2 pm<br>Adult Noon<br>Basketball     | 11 am-2 pm<br>Adult Noon<br>Basketball  | 11 am-2 pm<br>Adult Noon<br>Basketball | 11 am-2 pm<br>Adult Noon<br>Basketball | 11 am-2 pm<br>Adult Noon<br>Basketball | 11 am-2 pm<br>Adult Noon<br>Basketball |                      |
| 2-5:00pm<br>Open Gym                       | 2-5:00pm<br>Open Gym                    | 2-7:30pm<br>Open Gym                   | 2-7:30pm<br>Open Gym                   | 2-Close<br>Open Gym                    | 2-Close<br>Open Gym                    |                      |
| 5:00-7:30pm<br>Middle School<br>Basketball | 5-8:00pm<br>Youth Basketball<br>Classes | 5-7:00pm<br>Youth Soccer<br>Classes    |  |  |  |                      |
| 7:30-8:45 pm<br>Adult Open Gym             |   |  | 7:30-8:45 pm<br>Adult Open Gym         |  |  |                      |
|  |   |  |  |  |  |                      |

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- No foul language
- Leave outdoor footwear outside please!
- Children under the age of 10 should be supervised at all times
- Please return all equipment after use
- No fighting or use of abusive language

### Early Closures:

In some instances, the gym may close 15 minutes prior to an activity starting to allow time for the safe set up of equipment.

Thank you in advance for your cooperation.

**Full Court games are only allowed when space is available.**

Findlay Family YMCA  
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