



The gym schedule is always available online at [www.midymca.org](http://www.midymca.org)

## Spring GYMNASIUM SCHEDULE: Beginning April 1, 2010

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                        | Sunday                               |
|---|---|---|--|---|---------------------------------|--------------------------------------|
| 6:00-7:00am<br>Open Gym                                 | 6:00-9:00am<br>Open Gym                                 | 6:00-7:00am<br>Open Gym                                 | 6:00-10:00am<br>Open Gym                                 | 6:00-7:00am<br>Open Gym                                 | 7:00-9:00am<br>Open Gym         |                                      |
| 7:00-9:00am<br>Basketball                               |   | 7:00-9:00am<br>Basketball                               |  | 7:00-9:00am<br>Basketball                               | 9:00-9:45<br>Youth Sports Class | 7:00-9:15am<br>Open Gym              |
| 9:00-10:00am<br>Open Gym                                | 9:00-10:00am<br>P/C Class                               | 9:00-10:00am<br>P/C Class                               |  | 9:00-10:00am<br>P/C Class                               | 10:30-11:30am<br>P/C Class      | 9:30 – 10:30am<br>Youth Sports Class |
| 10:00-11:00am<br>Childcare Center*<br>(Rainy days only) | 10:00-11:45pm<br>Childcare Center*<br>(Rainy days only) | 10:00-12noon<br>Childcare Center*<br>(Rainy days only)  | 10:00-11:45pm<br>Childcare Center*<br>(Rainy days only)  | 10:00-11:45am<br>Childcare Center*<br>(Rainy days only) | 11:30-Noon<br>Family Gym        | 10:45 – 11:45am<br>Family Gym        |
| 11: 00-2:00pm<br>Open Gym                               | 11:45-12:45pm<br>Open Gym                               | Noon -12:30pm<br>Open Gym                               | 11:45-12:45pm<br>Open Gym                                | 11:45 -12:30pm<br>Open Gym                              | Noon-1:15pm<br>Birthday Parties | 11:45-1:00pm<br>Birthday Parties     |
|   | 12:45-1:30pm<br>The Academy                             | 12:30-1:30pm<br>Roadside Academy                        | 12:45-1:30pm<br>The Academy                              | 12:30-1:30pm<br>Roadside Academy                        | 1:15 – 2:00pm<br>Family Gym     | 1:00 – 2:00pm<br>Family Gym          |
| 2:00-6:00pm<br>Youth & Family Gym                       | 1:30-6:00pm<br>Youth & Family Gym                       | 1:30-6:00pm<br>Youth & Family Gym                       | 1:30-6:00pm<br>Youth & Family Gym                        | 1:30-6:00pm<br>Youth & Family Gym                       | 2:00-6:00pm<br>Open Gym         | 2:00-5:00pm<br>Open Gym              |
| 6:00-7:00pm<br>½ Youth & Family<br>½ Drop in Basketball | 6:00-7:00pm<br>½ Youth & Family<br>½ Drop in Basketball | 6:00-7:00pm<br>½ Youth & Family<br>½ Drop in Basketball | 6:00-7:00 pm<br>½ Youth & Family<br>½ Drop in Basketball | 6:00-7:00pm<br>½ Youth & Family<br>½ Drop in Basketball |                                 |                                      |
| 7:00-9:00pm<br>Drop in Basketball                       | 7:00-9:00pm<br>Drop in Basketball                       | 7:00-9:00pm<br>Drop in Basketball                       | 7:00-9:00pm<br>Drop in Basketball                        | 7:00-9:00pm<br>Drop in Basketball                       |                                 |                                      |

\* Childcare Center morning hours – during inclement weather only.

**Open Gym** hours on weekends are for individuals of all ages.

**Youth & Family Gym** hours will include opportunities for free recreational play, as well as organized games for youth of all ages.

**Drop in Basketball** is individuals over 14 years of age.

### Membership Code of Conduct

- \* Members are expected to conduct themselves according to the YMCA character development values of caring, honesty, respect & responsibility
- \* Anyone fighting, using foul language, being disrespectful or acting inappropriately will be asked to leave the YMCA
- \* Please lock valuables in a locker, the YMCA is not responsible for lost or stolen property
- \* Members are responsible for their guests
- \* Please see YMCA staff with any concerns