



Month: **JANUARY 2024**

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL GYM SCHEDULE

JANUARY GYM CLOSURES

****JANUARY 1ST****
YMCA Closed
NEW YEARS DAY

****JANUARY 4TH****
GYM CLOSED
11:00AM-1:00PM
YBL STAFF REF TRAINING

****JANUARY 11TH****
GYM CLOSED
8:00AM-4:00PM
YOUTH BASKETBALL LEAGUE GAMES

****JANUARY 18TH****
GYM CLOSED
8:00AM-4:00PM
YOUTH BASKETBALL LEAGUE GAMES

****JANUARY 25TH****
GYM CLOSED
8:00AM-4:00PM
YOUTH BASKETBALL LEAGUE GAMES

****YOUTH BASKETBALL LEAGUE PRACTICES BEGIN JANUARY 6TH****

****YOUTH BASKETBALL LEAGUE GAMES BEGIN JANUARY 11TH****

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00	5:00-7:00 Adult Basketball	5:00-7:30 Adult Basketball	5:00-7:00 Adult Basketball	5:00-7:30 Adult Basketball	5:00-7:00 Adult Basketball	8:00-4:00 Youth Basketball League Games	9:00-1:30 Open Gym
7:00-9:50	7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	4:00-6:00 Open Gym	1:30-3:30 1/2 Open Gym 1/2 Open Volleyball
10:00-11:00	10:00-11:00 Y-Fit	10:00-11:00 Open Gym	10:00-11:00 Y-Fit	10:00-11:00 Open Gym	10:00-11:00 Y-Fit	<ul style="list-style-type: none"> • Open Gym: Shoot Hoops, Walk , Jog, Stretch, etc. (no side or half court games). • Open Volleyball: 1/2 Gym available for open Volleyball Play. • Pickleball: This game is for 2-4 players and uses a net and paddles (similar to Tennis) • Stretch N Flex & Y Fit: Fitness Classes (for more details see monthly fitness schedule) • Child Care Activities: Scheduled exercise & activity time for our YMCA Child Care Program 	
11:00-12:00	11:00-12:00 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex		
12:00-2:00	12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-1:30 Open Gym		
2:00-3:30	2:00-3:30 Open Gym	2:00-3:30 Open Gym	2:00-3:30 Open Gym	2:00-4:30 Open Gym	1:30-3:30 1/2 YMCA After School Activities 1/2 Open Gym		
3:30-7:30	3:30-7:30 YBL "A" League Practices	3:30-8:00 YBL "A" League Practices	3:30-7:30 YBL "A" League Practices	4:30-7:00 YBL "A" League Practices	4:00-7:00 YBL "A" League Practices		
8:00-9:00	8:00-9:00 Open Gym	8:00-9:00 Open Gym	7:30-9:00 Open Gym	7:00-9:00 Open Gym	<p>PLEASE CHECK SIDE BAR FOR GYM CLOSURES</p>		

*SPECIAL THANKS TO Foothills Bank-MAJOR SPONSOR FOR OUR 2025 YOUTH BASKETBALL LEAGUE!
*SPECIAL THANKS TO DIGNITY HEALTH, YRMC-PRESENTING SPONSOR FOR OUR 46TH ANNUAL WHISKEY ROW MARATHON!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM RULES

1. In order to be in the Gym, Children 12 & under must be apart of a camp/program or with adult supervision
2. Children 13 & up may use Gym without Adult Supervision.
3. Help keep our gymnasium clean.
4. No food or drink is allowed in the gymnasium except water in plastic bottles.
5. Throw your trash or gum into the garbage can.
6. Please clean up after yourself.
7. Keep floor clean by stowing belongings on bleachers.
8. Do not change in the Gym, please use the locker rooms.
9. Safety first - Securely tied athletic shoes ONLY are permitted on the court.
10. Climbing on top of or underneath the bleachers or rails is not allowed.
11. NO dunking, grabbing or hang from basketball rims or nets.
12. Profanity, abusive language or aggressive behavior is not tolerated.
13. Respect the gymnasium and equipment by not kicking balls or throwing balls at clocks, drinking fountain, lights, etc.
14. Treat others with Respect.
15. Lock up all personal items / valuables.
16. Full court games may be broken up at the discretion of management.