



Month: **NOVEMBER 2024**

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL GYM SCHEDULE



NOVEMBER GYM CLOSURES

November 22ND

Gym Closed
4:30pm-9:00pm
Turkey Shoot

November 28TH

YMCA Closed
Thanksgiving

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:00-7:00</u> Adult Basketball	<u>5:00-7:30</u> Adult Basketball	<u>5:00-7:00</u> Adult Basketball	<u>5:00-7:30</u> Adult Basketball	<u>5:00-7:00</u> Adult Basketball	<u>8:00-5:00</u> Open Gym	<u>9:00-1:30</u> Open Gym
<u>7:00-9:50</u> Pickleball	<u>7:30-10:00</u> Pickleball	<u>7:00-9:50</u> Pickleball	<u>7:30-10:00</u> Pickleball	<u>7:00-9:50</u> Pickleball	<u>8:00-6:00</u> Open Gym	<u>1:30-3:30</u> 1/2 Open Volleyball
<u>10:00-11:00</u> Y-Fit	<u>10:00-11:00</u> Open Gym	<u>10:00-11:00</u> Y-Fit	<u>10:00-11:00</u> Open Gym	<u>10:00-11:00</u> 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 	
<u>11:00-12:00</u> Stretch & Flex	<u>11:00-12:00</u> Open Gym	<u>11:00-12:00</u> Stretch & Flex	<u>11:00-12:00</u> Open Gym	<u>11:00-12:00</u> Stretch & Flex		
<u>12:00-3:30</u> Open Gym	<u>12:00-2:00</u> Open Gym	<u>12:00-3:30</u> Open Gym	<u>12:00-2:00</u> Open Gym	<u>12:00-1:30</u> Open Gym		
<u>3:30-5:00</u> Open Gym	<u>2:00-6:00</u> Open Gym	<u>3:30-4:30</u> Open Gym	<u>2:00-6:00</u> Open Gym	<u>1:30-3:30</u> 1/2 YMCA After School Activities 1/2 Open Gym	<p>PLEASE CHECK SIDE BAR FOR GYM CLOSURES</p>	
<u>5:00-8:00</u> Youth Basketball Clinic (ENDS 11/18) <u>8:00-9:00</u> Open Gym	<u>6:00-9:00</u> City League Volleyball (ENDS 11/5)	<u>4:00-6:00</u> Open Gym <u>6:00-9:00</u> City League Volleyball (ENDS 11/13)	<u>6:00-9:00</u> City League Volleyball (ENDS 11/21)	<u>3:30-7:00</u> Open Gym		



*SPECIAL THANKS TO FOOTHILLS BANK-MAJOR SPONSOR FOR OUR 2024 YOUTH BASKETBALL LEAGUE!

*SPECIAL THANKS TO DIGNITY HEALTH, YRMC-PRESENTING SPONSOR FOR OUR 46TH ANNUAL WHISKEY ROW MARATHON!



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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.