



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Month: **MAY 2025**

BASKETBALL GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 YTH VOLLEYBALL LEAGUE GAMES	9:00-1:30 Open Gym
7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	7:30-9:30 Pickleball	7:00-9:50 Pickleball	4:00-6:00 YTH VOLLEYBALL LEAGUE GAMES	1:30-3:30 1/2 Open Gym 1/2 Open Volleyball
10:00-11:00 Y-Fit	10:00-11:00 Open Gym	10:00-11:00 Y-Fit	9:30-11:00 Pickleball Lesson 1 (2nd Thur) Pickleball Lesson 2 (3rd Thur) Pickleball Lesson 3 (4th Thur)	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 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex	10:00-11:00 1/2 Open Gym (if no lessons)	11:00-12:00 Stretch & Flex		
12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	11:00-2:00 Open Gym	12:00-1:30 Open Gym		
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		
3:30-6:00 (ENDS 5/5) YVL PRACTICES	3:30-6:00 (ENDS 5/6) YVL PRACTICES	3:30-7:30 (ENDS 5/7) YVL PRACTICES	4:30-8:00 (ENDS 5/8) YVL PRACTICES	3:30-7:00 (ENDS 5/9) YVL PRACTICES		
6:00-9:00 1/2 YVL PRACTICES 1/2 CITY LEAGUE VBALL (ENDS 5/5)	6:00-9:00 CITY LEAGUE VOLLEYBALL (ENDS 5/6)	6:00-9:00 CITY LEAGUE VOLLEYBALL (ENDS 5/7)	6:00-9:00 CITY LEAGUE VOLLEYBALL (ENDS 5/8)		PLEASE CHECK SIDE BAR FOR GYM CLOSURES	

*SPECIAL THANKS TO FOOTHILLS BANK-MAJOR SPONSOR FOR OUR 2025 YOUTH BASKETBALL LEAGUE!

MAY
GYM CLOSURES

****MAY 3RD****

GYM CLOSED

8:00-6:00

YOUTH VOLLEYBALL

LEAGUE GAMES

****MAY 8TH****

GYM CLOSED

9:30AM-11:00AM

PICKLEBALL LESSON 1

****MAY 10TH****

GYM CLOSED

8:00AM-11:00AM

YOUTH VOLLEYBALL

LEAGUE GAMES

****MAY 12TH****

GYM CLOSED

4:00PM-9:00PM

YOUTH VOLLEYBALL

LEAGUE TOURNAMENT GAMES

****MAY 13TH****

GYM CLOSED

4:00PM-9:00PM

YOUTH VOLLEYBALL

LEAGUE TOURNAMENT GAMES

****MAY 14TH****

GYM CLOSED

4:00PM-9:00PM

YOUTH VOLLEYBALL

LEAGUE TOURNAMENT GAMES

****MAY 15TH****

GYM CLOSED

9:30AM-11:00AM

PICKLEBALL LESSON 2

****MAY 15TH****

GYM CLOSED

4:00PM-8:00PM

YOUTH VOLLEYBALL

LEAGUE TOURNAMENT GAMES

****MAY 16TH****

GYM CLOSED

4:00PM-8:00PM

YOUTH VOLLEYBALL

LEAGUE TOURNAMENT GAMES

****MAY 22ND****

GYM CLOSED

9:30AM-11:00AM

PICKLEBALL LESSON 3



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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.