



Month: **JULY 2025**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASKETBALL GYM SCHEDULE

JUNE
GYM CLOSURES
****JULY 1ST-JULY 3RD****
GYM CLOSED
2:00PM-4:00PM
CHILD CARE SUMMER SPORTS
****JULY 4TH****
YMCA CLOSED
JULY 4TH HOLIDAY
****JULY 7TH-JULY 10TH****
GYM CLOSED
2:00PM-4:00PM
CHILD CARE SUMMER SPORTS
****JULY 14TH-JULY 18TH****
GYM CLOSED
12:00PM-2:00PM
YOUTH VOLLEYBALL CAMP
****JULY 14TH-JULY 17TH****
GYM CLOSED
3:00PM-5:00PM
CHILD CARE SUMMER SPORTS
****JULY 21ST-JULY 24TH****
GYM CLOSED
12:30PM TO 3:00PM
LITTLE BALLERS BASKETBALL CAMP
****JULY 21ST-JULY 24TH****
GYM CLOSED
3:00PM-5:00PM
CHILD CARE SUMMER SPORTS
****CITY LEAGUE BASKETBALL BEGINS JULY 10TH****

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>8:00-4:00</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>7:30-9:30</u> Pickleball	<u>7:00-9:50</u> Pickleball	<u>4:00-6:00</u> OPEN GYM	<u>1:30-3:30</u> 1/2 Open Gym 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>9:30-11:00</u> Pickleball Lesson 1 (2nd Thur) Pickleball Lesson 2 (3rd Thur) Pickleball Lesson 3 (4th Thur)	<u>10:00-11:00</u> Y-Fit	<ul style="list-style-type: none">• <u>Open Gym</u>: Shoot Hoops, Walk , Jog, Stretch, etc. (no side or half court games).• <u>Open Volleyball</u>: 1/2 Gym available for open Volleyball Play.• <u>Pickleball</u>: This game is for 2-4 players and uses a net and paddles (similar to Tennis)• <u>Stretch N Flex & Y Fit</u>: Fitness Classes (for more details see monthly fitness schedule)• <u>Child Care Activities</u>: Scheduled exercise & activity time for our YMCA Child Care Program <p>PLEASE CHECK SIDE BAR FOR GYM CLOSURES</p>	
<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>10:00-11:00</u> 1/2 Open Gym (if no lessons)	<u>11:00-12:00</u> Stretch & Flex		
<u>12:00-2:00</u> Open Gym	<u>12:00-2:00</u> Open Gym	<u>12:00-2:00</u> Open Gym	<u>11:00-3:30</u> Open Gym	<u>12:00-1:30</u> Open Gym		
<u>2:00-3:30</u> Open Gym	<u>2:00-3:30</u> Open Gym	<u>2:00-3:30</u> Open Gym	<u>2:00-3:30</u> Open Gym	<u>1:30-3:30</u> Open Gym		
<u>3:30-6:00</u> Open Gym	<u>3:30-6:00</u> Open Gym	<u>3:30-6:00</u> Open Gym	<u>3:30-6:00</u> Open Gym	<u>3:30-7:00</u> Open Gym		
<u>6:00-9:00</u> Open Gym	<u>6:00-9:00</u> Open Gym	<u>6:00-9:00</u> Open Gym	<u>6:00-9:00</u> City League Basketball (BEGINS 7/10)			

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



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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.