



GYM SCHEDULE

JUNE 24- AUGUST 18, 2024

		5:00 - 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
MONDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL				
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
TUESDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
WEDNESDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
THURSDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
FRIDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
SATURDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		
SUNDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 2			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		ADULT OPEN RUN BASKETBALL		
	Court 3	OPEN GYM		TYKES PRE SCHOOL		OPEN GYM												YOUTH BASKETBALL			OPEN GYM						
	Court 4			EASTER SEALS														OPEN PICKLEBALL			INTRO TO PICKLEBALL		OPEN PICKLEBALL		YOUTH BASKETBALL SPRING LEAGUE		

OPEN GYM
 Open Gym Basketball is designed for free shoot around, or pickup games with close friends. Participants are required to bring their own ball.

GROUP FITNESS
 These are all free drop-in classes and first come first served; registration is not required.

US BANK FIELD HOUSE RULES:

- No dunking or hanging on rims
- RESPECT OTHERS! Foul language, fighting, rough play or trash talking WILL NOT be tolerated
- No Spitting
- No Horseplay
- Shirts must be worn at all times
- Clean, dry, non-marking athletic shoes only
- Coats, bags etc. should be kept in the locker room areas. Please remember to lock up your belongings and the YMCA is not responsible for lost or stolen items.
- Failure to follow rules will result in being asked to leave gym / possible loss of gym privileges

**WATER ONLY!
 NO OTHER FOOD
 OR DRINK IN THE
 GYM**

* In case of inclement weather Youth & Family may need to use Court 3 in the afternoon

6/24/2024

*Gym schedule subject to change due to Fitness , Sports Classes and Events.