



GYM SCHEDULE

AUGUST 31 - OCTOBER 27 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	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 3	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN PICKLEBALL		OPEN GYM						ADULT OPEN RUN BASKETBALL			
	Court 4	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN PICKLEBALL		OPEN GYM						ADULT OPEN RUN BASKETBALL			
TUESDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 3	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						INTRO TO PICKLEBALL		OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE	
	Court 4	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						INTRO TO PICKLEBALL		OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE	
WEDNESDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 3	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						INTRO TO PICKLEBALL		OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE	
	Court 4	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						INTRO TO PICKLEBALL		OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE	
THURSDAY	Court 1	OPEN GYM		TYKES	HOME SCHOOL PE	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM		
	Court 2	OPEN GYM		TYKES	HOME SCHOOL PE	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM		
	Court 3	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN VOLLEYBALL		YOUTH VOLLEYBALL		OPEN PICKLEBALL							
	Court 4	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN VOLLEYBALL		YOUTH VOLLEYBALL		OPEN PICKLEBALL							
FRIDAY	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM																		YOUTH BASKETBALL		OPEN GYM			
	Court 3	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE			
	Court 4	OPEN GYM		EASTER SEALS	OPEN PICKLEBALL						OPEN GYM						OPEN PICKLEBALL		OPEN GYM						YOUTH BASKETBALL SPRING LEAGUE			
SATURDAY	Court 1	OPEN GYM		OPEN GYM																		YOUTH BASKETBALL		OPEN GYM				
	Court 2	OPEN GYM		OPEN GYM																		YOUTH BASKETBALL		OPEN GYM				
	Court 3	OPEN GYM		YOUTH BASKETBALL SPRING LEAGUE						OPEN GYM						OPEN GYM						YOUTH BASKETBALL		OPEN GYM				
	Court 4	OPEN GYM		YOUTH BASKETBALL SPRING LEAGUE						OPEN GYM						OPEN GYM						YOUTH BASKETBALL		OPEN GYM				
SUNDAY	Court 1	OPEN GYM		OPEN GYM																		YOUTH BASKETBALL		OPEN GYM				
	Court 2	OPEN GYM		OPEN GYM																		YOUTH BASKETBALL		OPEN GYM				
	Court 3	OPEN GYM		YOUTH BASKETBALL SPRING LEAGUE						OPEN GYM						OPEN GYM						YOUTH BASKETBALL		OPEN GYM				
	Court 4	OPEN GYM		YOUTH BASKETBALL SPRING LEAGUE						OPEN GYM						OPEN GYM						YOUTH BASKETBALL		OPEN GYM				

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

8/28/2024

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