



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST PARK FAMILY YMCA
January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-10:15am Open Gym	6am-10:15am Open Gym	6am-10:00am Open Gym	6am-10:15am Open Gym	6am-10:15am Open Gym		Gym closed for ABBL
					8am-9:30am Open Gym	West Park ABBL 10am- 3:45pm
					9:30am- 10:30am bootcamp	
10:30am- 11:30am Pre-School	10:30am- 11:30am Silver Sneakers	10:00am- 11:20am Tai Chi Chris	10:30am- 11:30am Silver Sneakers	10:30am- 11:30am Pre-School	Starting January 28 th Pickleball open courts 10:30am- 11:30am	
11:30am- 5:20pm Open Gym	11:30am-5:00 pm Open Gym	11:30am-3:45pm Open Gym	11:30am-5:20 pm Open Gym	11:30am-5:00pm Open Gym	11-12pm Family gym	
					12pm-3:45pm Open Gym	
	Youth Dodgeball 5pm-5:50pm	4pm-5pm Childcare/Yclub				
Family gym 5pm-6pm	6pm-7:00pm Bootcamp	Family Gym 5-6pm	PE class 5:30pm- 6:20pm	Family Gym 5-6pm		
Open gym Half court 6pm-7pm	7-8 pm Open gym Full court	6:00pm-7:45pm Open Gym Half court	6:30-7:30 pm Open gym Full court	6pm-7:30pm Open Gym half court		
Open gym Full court 7:30pm- 8:45pm	8:00pm-8:45pm Open Gym half court	7:45pm-8:45pm Open Gym full court	7:30pm- 8:45pm Open Gym Half court	Open gym Full court 7:30pm-8:45pm		
8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	8:45-9:00 CLEANING	2:45-3:45pm CLEANING	2:45-3:45pm CLEANING

- Members- When finished in gym please remember to clean up ~~water bottles!~~
- **OPEN GYM MEMBERS ONLY**
- Gym rules and descriptions on back

WEST PARK FAMILY YMCA
15501 Lorain Rd,
P 216-941-5410



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GENERAL RULES:

1. Must check in at the Welcome Center.
2. Must follow age guidelines provided below.
3. Must have appropriate footwear (i.e. athletic shoes, no black soles)
4. Must wear shirt and shoes at all times.
5. Hats, hoodies and sunglasses may not be worn inside the building.
6. No food or drinks in the gym. Water in a sealed bottle (water bottle, no cups) is allowed.
7. No dunking or hanging on the rims.
8. Please do not kick balls in the gym.
9. As a family facility, we expect all players to act within the boundaries of the Y core values of honestly, respect, responsibility and caring. Please no foul language, physical play, etc.
10. Please keep your valuables at home; the YMCA is not responsible for belongings that are lost or stolen.
11. Gym may be designated for volleyball or basketball. During designated volleyball time, basketball will not be available and vice versa.

FAMILY OPEN GYM:

1. Must follow all General Rules.
2. Children 12 and under must be accompanied by a parent/guardian.
3. Families will be given priority over pick-up games during family hours.

Open Gym is currently only servicing members