



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST PARK FAMILY YMCA
JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-7am Open Gym	6am-7am Open Gym	6am-7:00am Open Gym	6am-7am Open Gym	6am-7am Open Gym		Gym closed for ABBL
7am-9am YMCA summer camp	7am-9am YMCA summer camp	7am-9am YMCA summer camp	7am-9am YMCA summer camp	7am-9am YMCA summer camp	8am-9:30am Open Gym	West Park ABBL 10am- 3:45pm
9-11:30am Pickleball open court		9-11am Pickle ball beginner clinics Only on 7 th and 21 st			9:30am- 10:30am bootcamp	
11:30am- 12:00pm Pre-School	10:30am- 11:30am Silver Sneakers	11-12am Chair yoga Class	10:30am- 11:30am Silver Sneakers	10:30am- 11:30am Pre-School	Pickleball open courts 10:30am- 12:30am	
12:00pm- 4:00pm Open Gym	11:30am-4pm Open Gym	12:00pm-4pm Open Gym	11:30am-4:00pm Open Gym	11:30am-4:00pm Open Gym	12:30am- 2pm Family gym	
					2pm-3:30pm Open Gym	
4pm-5pm YMCA summer camp	4pm-6pm YMCA summer camp	4pm-6pm YMCA summer camp	4pm-6pm YMCA summer camp	4pm-6pm YMCA summer camp	Soccer leagues 1-2pm (if outdoor field cannot be used)	
RISE program 5pm-8:30pm	6pm-7:00pm Bootcamp			Family Gym 6pm-7:30pm		
	7-8 pm Open gym Full court	Youth/ Teen Open gym pickup full court 6:30pm-7:15pm	Open gym Pickup full court 6:30pm-7:15pm			
GYM closes at 8:30	8:00pm-8:30pm Open Gym half court	7:30-8:30pm Open Gym Half court	7:30-8:30pm Open Gym Half court	7:30pm-8:30pm Open Gym Half court		
8:30-9:00 CLEANING	8:30-9:00 CLEANING	8:30-9:00 CLEANING	8:30-9:00 CLEANING	8:30-9:00 CLEANING	3:30-3:45pm CLEANING	2:45-3:45pm CLEANING

OPEN GYM IS MEMBERS ONLY/ONLY CAMPERS IN GYM DURING
SUMMER CAMP
GYM CLOSSES AT 8:30PM ON WEEKDAYS.
PLEASE KEEP OUR Y CLEAN PICK UP ANY TRASH OR EMPTY WATER

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.

Youth/Teen Pickup:

1. Only youth from the ages 10-17 can be in the gym, must sign up for pickup games.
2. Games will be 15 minutes long with a running clock.
3. No fighting or swearing. Any misconduct and you will be asked to leave.

Open Gym is currently only servicing members