



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST PARK FAMILY YMCA
November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-10:15am Open Gym	6am-10:15am Open Gym	6am-10:00am Open Gym	6am-7:45am Open Gym	6am-10:15am Open Gym		Open Gym
			8am-10am Open Pickleball		8am-9:15am Open Gym	
9am-11am Pickleball- Open Play		9am-11am Pickleball- Open Play			9:30am- 10:30am Bootcamp	
10:30am- 11:30am Pre-School	10:30am- 11:30am Silver Sneakers		10:30am- 11:30am Silver Sneakers	10:30am- 11:30am Pre-School	Pickleball open courts 1045am- 12:45pm	10am-3:45pm Open Gym
11:30am- 4:00pm Open Gym	11:30am-5:30pm Open Gym	11:30am- 3:45pm Open Gym	11:30am-5:20 pm Open Gym	11:30am- 4:00pm Open Gym		
					1pm-3:45pm Open Gym	
Family gym 4pm-5pm		4:00pm-8:45pm Open Gym	4:00pm-8:45pm Open Gym	Family gym half court 4pm-5pm		
5:00pm- 8:45pm Open Gym	6pm-7:00pm Bootcamp			5:00pm-8:45pm Open Gym		
	7:15pm-8:45pm Open gym					
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	3:45pm-4pm CLEANING	3:45pm-4pm CLEANING

OPEN GYM IS MEMBERS ONLY
ANYONE UNDER THE AGE OF 18 MUST BE OUT
OF THE GYM BY 7:30PM ON MONDAYS,
WEDNESDAYS, AND FRIDAYS.

GENERAL RULES:

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



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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