



Gym Schedule

West Shore Family YMCA | December 2023

Branch Hours

M-F: 5:30AM-8PM

Sat: 8AM-2PM

Sun: 9AM-2PM

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Pickleball 5:30-7:00 AM	Pickleball 5:30-7:00 AM	Pickleball 5:30-7:00 AM	Pickleball 5:30-7:00 AM	Pickleball 5:30-7:00 AM		
6am							
7am							
8am	Zumba 8:30-9:20 AM			Zumba 8:30-9:20 AM			
9am							
10am	Fit After 50 10-10:50 AM	SilverSneakers 10-10:50 AM	Fit After 50 10-10:50 AM	SilverSneakers 10-10:50 AM	BOOM Combo 10-10:50 AM		
11am	Pickleball 11-1 PM	Pickleball 11-1 PM	Pickleball 11-1 PM	Pickleball 11-1 PM	Pickleball 11-1 PM		
12pm							
1pm							
2pm							
3pm							
4pm	Futsal 4:00-6:45 PM						
5pm		Martial Arts 5:00-5:45 PM 5:45-6:45 PM		Martial Arts 5:00-5:45 PM 5:45-6:45 PM			
6pm			Zumba 6-6:50 PM		Archery Tag 6:00-7:30 PM		
7pm	Adult Basketball 7:00 PM	Adult Basketball 7:00 PM	Adult Basketball 7:00 PM	Adult Basketball 7:00 PM			
8pm							



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Gym Rules

- 1. Must have appropriate footwear**
- 2. Must wear shirt and shoes at all times**
- 3. No food or drinks in the gym. Water in a sealed bottle is allowed.**
- 4. No dunking or hanging on the rims.**
- 5. No foul language, fighting, foul play or aggressive behavior. Any misconduct and you may be asked to leave.**
- 6. Secure your valuables or leave them at home. The YMCA is not responsible for belongings that are lost or stolen.**
- 7. During designated class/event times, the gym is not available for Open Gym.**
- 8. Children 12 and under must be accompanied by a parent/guardian.**
- 9. Open Gym is available for any time that is not designated for classes or events.**
- 10. Please respect all equipment in the gym (i.e. sound system, wheelchairs, pickleball nets, etc.)**
- 11. Equipment in the gym closet is open for use unless designated otherwise. Please return equipment after use.**

West Shore Family YMCA

1575 Columbia Rd

Westlake, OH 44145

P: 440-871-6885