

Hillcrest Family YMCA Gym Schedule				APRIL 2024		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Gym 6-10am	Adult Open Gym 6-7:45am	Adult Open Gym 6-9:45am	Adult Open Gym 6-7:45am	Adult Open Gym 6-10:45am		
	Fitness after 50 8-9:05am		Fitness after 50 8-9:05am		Open Gym 7-7:45am	
					OPEN GYM 9:05 -10AM	
Silver Sneakers Classic 10-11am	Mobility & Flexibility Class 10am to 11am	Silver Sneakers Classic 10:00-10:50AM	Mobility & Flexibility Class 10am to 11am	\$Babies to Rookies Basket ball Skills 11-11:30am	\$Spring League Games 9:30am to 1pm	Open Gym 8-1:45pm
Open Walk 11-1pm	OPEN GYM 11:15-5pm  RISE Program 5pm -7pm  Starts 4/23  \$Spring League Practices 7-8:30pm	Silver Sneakers Classic 11:30-12:30pm		Open Gym 11:30-1pm		
\$Pickle Ball 1-3pm		Open Gym 12:30-1pm	Open Gym 11-4pm	\$Pickle Ball 1-3pm	Gym Closes @ 1:45pm	
Open Gym 3-5pm		\$Pickle Ball 1-3pm		Open Gym 3-5pm		Gym Closes @ 4:45pm
\$Spring League Practice and Games 5-6 Division 5-6pm		OPEN GYM 3-4:30PM	\$Babies to Rookies Basket ball Skills 4 to 4:30pm			
\$Volleyball Skills Clinic 6-8pm		Open Gym 4:30-6pm		\$Spring League Practices 5 -7:30pm	\$Spring League Practices 5 to 7:30pm	
Open Gym 8-8:45pm	No Open Gym	Open Gym 8-8:45pm	Open Gym 7:30-8:45pm	Open Gym 7:30-8:45pm	Gym Availability Subject to Change	
Gym Closes @ 8:45pm	Gym Closes @ 8:45pm	Gym Closes @ 8:45pm	Gym Closes @ 8:45pm	Gym Closes @ 8:45pm		



## Gym Schedule

Hillcrest Family YMCA 2024

## Gym Rules

1. Must have appropriate footwear.
2. Must always wear shirt and shoes at all times.
3. No food or drinks in the gym. **(Water in sealed bottles only).**
4. No Dunking or Hanging off the rims.
5. **No foul language, fighting, foul play or aggressive behavior. Any misconduct and you will be asked to leave the premises.**
6. Secure your valuables or leave them at home. The YMCA is not responsible for belonging that are lost or stolen.
7. During designated class/event times, the gym is not available for open gym.  
Children 12 and under must be accompanied by a parent/guardian.
8. Open Gym is available for any time that is not a designated for classes or events.
9. Please respect all equipment in the gym, return all borrowed basketballs to the front desk.
10. **NO MUSIC** is to be played in the gym unless you are renting the gym for an event or class.

### **Hillcrest Family YMCA Branch**

5000 Mayfield Rd

Lyndhurst, Oh 44124

**P:** 216-382-4300

**[www.clevelandyymca.org](http://www.clevelandyymca.org)**