

HILLCREST FAMILY YMCA GYM SCHEDULE

MAY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	Adult OPEN Gym @6am-10am	Adult OPEN Gym until 745am	ADULT OPEN GYM 6AM to 9:45AM SILVER SNEAKERS CLASSIC 10-10:50AM	Adult OPEN Gym until 745am	ADULT OPEN GYM 6AM TO 1PM	Family Open Gym until 745am	Open Gym 8AM-1:45PM
	7 AM							
	8 AM		MOBILITY AND FLEXIBILTY 10-10:50am		MOBILITY AND FLEXIBILITY 10-10:50AM			
	9 AM	Silver Sneakers Classic Kathryn 10:10-11AM		SILVER SNEAKERS 11:30AM-12:30pm				
	10 AM		OPEN WALK GYM 11:15-1PM		OPEN GYM 12:30-1PM			
	11 AM	Family OPEN Gym @11am TO 6PM SPRING LEAGUE PRACTICES 6-7:15PM GYM RE-OPENS @ 7:15 GYM CLOSSES AT 8:45PM		Family OPEN GYM 11AM TO 6PM				
	12 PM		\$SPRING LEAGUE PRACTICES AND GAMES 5-6:15PM GYM RE-OPENS @ 6:15PM GYM CLOSSES AT 8:45PM		Family OPEN GYM 11AM TO 6PM			
1 PM	SPRING LEAGUE GAMES FROM 9:30AM TO 1:30PM OPEN GYM FROM 1:45PM TO 4:45PM GYM CLOSSES AT 4:45PM	Family OPEN GYM 11AM TO 6PM						
2 PM			Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	\$PICKLE BALL 1-3PM				
3 PM					Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	\$PICKLE BALL 1-3PM		
4 PM			Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	\$PICKLE BALL 1-3PM				
5 PM	Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM						
6 PM			Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM				
7 PM	Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM	Family RE-OPENS GYM 3PM TO 5PM SPRING LEAGUE PRACTICES 7PM-8PM OPEN GYM 8PM-8:45PM						
8:45pm			Gym closes @ 8:45pm	Gym closes @ 8:45pm	GYM CLOSSES @8:45PM	GYM closes @ 8:45pm	Gym closes @ 8:45pm	

**PLEASE NOTE
GYM AVAILABILITY IS
SUBJECT TO CHANGE**



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

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Lyndhurst, Oh 44124

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www.clevelandymca.org