

Gym

Monday's

6:45 - 8:45 pm

Tuesday's

7:00 - 8:45 pm

Wednesday's

6:45pm - 8:45 pm

Thursday's

6:45 - 8:45 pm

Friday's

6:00pm - 8:45pm
(Except dance nights)

Saturday's

2:00pm - 5:45pm

Sunday's

10:30am - 4:45pm *

*When there is a birthday party only
half the gym will be available.

Gymnasium Guidelines

- Use of the gym is for members and visitors who have purchased a day pass.
- Food and drink is strictly prohibited in the Gym.
- Use of vulgar language is prohibited while in the YMCA.
- From time to time the YMCA may have to restrict open gym times to half the gym to accommodate another special program or event.
- During busy times the Gym will be split into two sides to afford more players time on the courts.
- We expect all members and guests to respect the facility. This is YOUR YMCA.
- Violation of YMCA rules or staff expectations/guidelines will result in being escorted off the property and could result in police notification.
- Continued violation of YMCA rules or staff expectations/guidelines could result in a person(s) being banned from the YMCA property.



The YMCA reserves the right to change this schedule without notice.

