



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE

Great Bridge/Hickory Family YMCA

effective  
**JANUARY 17, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:00AM - 9:30AM	OPEN GYM 5:00AM - 8:45AM	OPEN GYM 5:00AM - 5:15AM	OPEN GYM 5:00AM - 10:15AM	OPEN GYM 5:00AM - 5:15AM	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>SCHEDULE IS SUBJECT TO CHANGE</b> </div>	
		Y Boot Camp 5:30AM-6:30AM		Y Boot Camp 5:30AM-6:30AM		
Y Boot Camp 9:45-10:30AM	Y Boot Camp 9:00AM-10:00AM	OPEN GYM 6:45AM - 10:30AM	OPEN GYM 6:45AM - 9:30AM	OPEN GYM 8:00AM-8:15AM		
Pee Wee Sports 10:45-11:30AM	Pee Wee Sports 10:30-11:15AM	Pee Wee Sports 10:45-11:30AM	Pee Wee Sports 10:30-11:15AM	OPEN GYM 11:00AM - 1:00PM	Youth Basketball GAMES 8:15AM - 6:45PM	OPEN GYM 11:00AM - 6:45PM
OPEN GYM 11:45AM - 5:00PM	OPEN GYM 11:30AM - 5:00PM	OPEN GYM 11:45AM - 5:00PM	OPEN GYM 11:30AM - 5:00PM	H.Y.P.E. 1:00PM-3:00PM		
YOUTH BASKETBALL PRACTICE 5:00-8:00PM	YOUTH BASKETBALL PRACTICE 5:00-8:00PM	YOUTH BASKETBALL PRACTICE 5:00-8:00PM	YOUTH BASKETBALL PRACTICE 5:00-8:00PM	OPEN GYM 3:00PM-5:15PM		
Adult Volleyball 8:00PM-10:00PM	Adult Basketball 8:00PM-10:45PM	Adult Volleyball 8:00PM-10:00PM	Middle School Basketball 8:00PM-9:00PM	OPEN GYM 8:30PM - 10:45PM	<div style="border: 1px solid black; padding: 5px;">             Gym subject to closure on select Fridays for Parents' Night Out activities from 8:00 to 10:00PM           </div>	
OPEN GYM 10:00PM-10:45PM		OPEN GYM 10:00PM-10:45PM	Adult Basketball 9:00PM-10:45PM			



**Gym closes 15 minutes prior to facility closing for cleaning.**

**Members are encouraged to follow the YMCA core values of CARING, HONESTY, RESPECT, RESPONSIBILITY and FAITH.**

## ADULT VOLLEYBALL RULES

All levels of experience are invited to play. Everyone must be allowed to participate.

**REMINDER:** When Chesapeake Public Schools are not in session, Group Exercise classes regularly held in the gymnasium will not occur.

**ADULTS  
18 & UP**

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**TEENS  
13 to 17**

## RULES FOR BASKETBALL DURING OPEN GYM

No full-court basketball is allowed during Open Gym. Play half-court or shoot some hoops. Everyone must be allowed to participate. Please do not shoot baskets until volleyball net has been cleared.

**The Great Bridge/Hickory Family YMCA supports positive competition.**

*revised  
1/17/2012*