

Great Bridge/Hickory Family YMCA


We encourage the values of caring, honesty, respect, responsibility & faith.

Adults: 18 & up
Teens: 13 to 17

GYMNASIUM

**SPRING
2010**

effective March 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:00AM - 5:30AM	OPEN GYM 5:00AM - 10:15AM	OPEN GYM 5:00AM - 10:30AM	OPEN GYM 5:00AM - 10:15AM	OPEN GYM 5:00AM - 9:15AM	<i>Schedule is subject to change.</i>	
Y Boot Camp 5:45AM - 6:45AM						
OPEN GYM 7:00AM - 9:15AM					OPEN GYM 8:00AM - 6:45PM	
Y Boot Camp 9:30AM - 10:30AM						OPEN GYM 11:00AM - 6:45PM
Pee Wee Sports 10:45AM - 11:30AM	Pee Wee Sports 10:30AM - 11:15AM	Pee Wee Sports 10:45AM - 11:30AM	Pee Wee Sports 10:30AM - 11:15AM	Y Boot Camp 9:30AM - 10:30AM	OPEN GYM 10:45AM - 8:00PM	
<i>Pee Wee Sports sessions run March 8 - April 15</i>						
OPEN GYM 11:45AM - 6:00PM	OPEN GYM 11:30AM - 8:00PM	OPEN GYM 11:45AM - 6:00PM	OPEN GYM 11:30AM - 8:00PM	Adult Basketball 8:00PM - 10:45PM	Adult Basketball 8:00PM - 10:45PM	
Adult Volleyball 6:00PM - 9:00PM	Adult Volleyball 6:00PM - 9:00PM					
OPEN GYM 9:00PM - 10:45PM	Adult Dodgeball 8:00 - 9:00PM	OPEN GYM 9:00PM - 10:45PM	Adult Basketball 8:00PM - 10:45PM	Adult Basketball 8:00PM - 10:45PM	 <p>Gym closes 15 minutes prior to facility closing for cleaning.</p>	
	Adult Basketball 9:00PM - 10:45PM				<p>Gym subject to closure on select Fridays for Parents' Night Out activities from 8:00PM - 10:00pm</p>	

RULES FOR ADULT VOLLEYBALL

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

The YMCA encourages playing non-competitive games.

RULES FOR BASKETBALL DURING OPEN GYM

Play half-court or shoot some hoops. No full-court basketball is allowed during Open Gym. Everyone must be allowed to participate.

Please do not shoot baskets until volleyball net has been cleared.

schedule revised 3/1/2010



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AMERICA®**