



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Gymnasium

OUTER BANKS FAMILY YMCA

January 2012

Age Guidelines

Ages 13+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 8-12 may participate in Level I Group Exercise classes with a parent or supervising guardian.

For their safety, children **ages 13 and younger** may not participate in a Level II Group Exercise/Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

Introductory, starter and multi-level classes are considered Level I.

Closed-toe shoes are required at all times in the gymnasium.

No Black soled shoes please.

Gym is open to anyone during non-scheduled classes. No full court basketball or soccer is allowed during open gym times.

Gymnasium activities finish 15 minutes prior to facility closing.

Gymnasium subject to closure on select Friday nights for Parents Night Out activities 6-9pm.

The Outer Banks Family YMCA supports positive competition.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Boot Camp
7:30-8:30am

**Youth Basket-
ball**
9am-12 pm

**Adult Indoor
Soccer**
6-8:45pm

Adult Volleyball
6-8:45pm

Cheer/Dance
4-6pm 1/18

**Adult Indoor
Soccer**
6-8:45pm

**Youth Indoor
Soccer**
5-7pm

Adult Basketball
7-8:45pm

Youth Soccer
12-6pm

**Half court avail-
able 10-4**

**Youth/Teen
Volleyball**
2-4pm (1/2 court)

