



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

TAYLOR BEND FAMILY YMCA

January-June

Gymnasium Operating Hours

Mon-Fri 5am-9:45pm
Sat 7am-5:45pm
Sun 8am-5:45pm

Age Guidelines

Ages 13+ may use YMCA facilities without adult supervision, unless posted otherwise.

Children 12 and younger

Must be under the direct supervision of their parent or supervising guardian at all times in the YMCA, unless participating in a structured, staffed YMCA activity.

Ages 16+ may be considered the supervising guardian for siblings age 12 and younger when using YMCA facilities, provided responsible and appropriate behavior is exercised at all times.

Use of Secondary Basketball Goal

For your safety, use of the secondary basketball goal is restricted during active game play.

Use of Gym for Stay & Play Overflow

In order to accommodate children registered in Stay & Play, the basketball gym may be used for overflow during heavy usage periods to provide additional space for children's activities, thus limiting its use for Open Gym. Times will vary depending on Stay & Play usage. We appreciate your understanding and cooperation during these times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5am-9:30am	Open Gym 5am-9:30am	Open Gym 5am-2pm	Open Gym 5am-9:30am	Open Gym 5am-4pm	Open Gym 7-9am	Open Gym 8am-3pm
Open Gym 10am-2pm	GEKO Group Exercise for Kids Only Ages 3-5 9:30-10am		GEKO Group Exercise for Kids Only Ages 3-5 9:30-10am			
	SPARK Sports, Play & Active Recreation for Kids Ages 6-12 10:30-11am					
	Open Gym 10am-6:15pm		Open Gym 10am-5:30pm		Family Time 9am-Noon	
HYPE Homeschool YMCA Phys. Ed. Ages 6-9 12:45-1:30pm Ages 10-15 1:45-2:30pm		HYPE Homeschool YMCA Phys. Ed. Ages 6-9 12:45-1:30pm Ages 10-15 1:45-2:30pm			Open Gym Noon-2pm	Teen/Adult Basketball Ages 13+ 3-5:45pm
Open Gym 3-5pm		Open Gym 3-6:15pm			Teen/Adult Basketball Ages 13+ 2-5:45pm	
Zumbatomic Ages 4-7 5-5:30pm	GEKO Group Exercise for Kids Only Ages 3-5 5:45-6:15pm		Zumbatomic Ages 4-7 5:30-6:00pm	Teen Basketball Ages 13-19 4-6pm		
Zumbatomic Ages 6-12 5:40-6:10pm						
Y-Boot Camp 6:20-7:10pm	SPARK Sports, Play & Active Recreation for Kids Ages 6-9 6:15-6:45pm	SPARK Sports, Play & Active Recreation for Kids Ages 10-12 6:15-6:45pm	Zumbatomic Ages 6-12 6:20-6:50pm			
Youth & Teen Center Ages 8-15 7:10-8pm	Youth & Teen Center Ages 8-15 6:45-8pm	GEKO Group Exercise for Kids Only Ages 3-5 6:45-7:15pm	Youth & Teen Center Ages 8-15 6:50-8pm			
Open Gym 8-9:45pm	Teen/Adult Basketball Ages 13+ 8-9:45pm	Youth & Teen Center Ages 8-15 7:15-8pm	Teen/Adult Basketball Ages 13+ 8-9:45pm			



Basketballs are available at the Member Services Desk.

For the safety and enjoyment of our guests, please remember that the gym is a family area. Apply the rules of good sportsmanship at all times. Anyone who abuses YMCA gymnasium or property, plays in a reckless and dangerous manner or uses foul language will be asked to leave and may lose membership privileges. Food, beverages, snacks and gum are NOT permitted in the gym with the exception of water or sports drink in a closed container or bottle.

DESCRIPTIONS AND GUIDELINES

FAMILY TIME

Family Time allows parents and their children open play time in the gym. Please note that organized basketball is not permitted during this time.

GEKO

Group Exercise for Kids Only provides children ages 3–5 years with a fun time in our gymnasium dancing, playing, meeting friends and getting their chance to experience fun while exercising and building healthy habits, just like Mom or Dad! Classes are free and open to members only. Place your child's name on the GEKO sign-in sheet in Stay & Play. Children will be escorted by staff and returned to Stay & Play at the end of class. For everyone's safety, sneakers are required for GEKO activities.

HYPE

Homeschool YMCA Physical Education is a quality homeschool PE program that incorporates both fun and learning! This "gym and swim" program is taught by trained and qualified fitness trainers and staff. In addition to fun activities in both the gym and pool, your child will also learn about nutrition, health and the benefits of regular exercise. In order to provide the most age-appropriate activities and individualized attention to our students, registration for HYPE is limited to 25 students per session.

Complimentary program for members.

Prospective Members: \$80

Register at YMCA Member Services or online at www.ymcashr.org. No additional sibling discounts.

OPEN GYM

Open Gym provides time in our gymnasium when other programs are not scheduled. This is a great time for practicing basketball shots, fitting in some soccer drills or simply enjoying family play time with your children. Please remember to work together with your fellow members to share the gymnasium so that everyone can enjoy Open Gym together!

SPARK

Sports, Play and Active Recreation for Kids is a program that gives older children and preteens an opportunity to exercise their muscles, develop healthy habits and meet new friends during teambuilding activities! Children signed in to Stay & Play should be registered for SPARK in Stay & Play. Children signed in to the Interactive Zone will be given the option to participate in SPARK.

TEEN BASKETBALL

Teen Basketball is for teens ages 13–19 wanting to join a pickup game of half-court basketball. Get a great workout and make new friends. This is a free program and does not require registration. For your safety, use of the secondary basketball goal is restricted during active game play.

Y-BOOT CAMP

Y-Boot Camp challenges the body with a variety of cardio and strength-training techniques through calisthenics-type exercises.

TEEN/ADULT BASKETBALL

Teen/Adult Basketball is for those ages 13 and older wanting to join a pick-up game of half-court basketball. Get a great workout and make new friends. This is a free program and does not require registration. For your safety, use of the secondary basketball goal is restricted during active game play.

YOUTH & TEEN CENTER

Youth & Teen Center provides age-appropriate supervised activities in the gymnasium for youth and teens ages 8–15.

Monday	7:10–8pm
Tuesday	6:45–8pm
Wednesday	7:15–8pm
Thursday	6:50–8pm

ZUMBATOMIC

Zumba for Kids! Is a new way to get kids off the couch, away from video games and into fitness. This Latin-inspired workout program is based on the same elements as adult Zumba, but with easy-to-follow moves to create a unique fitness program for kids ages 4–12. It's an exciting new way for kids to exercise and have fun while learning to dance. Children signed up in to Stay & Play should be registered in to Stay & Play. Children signed in to the Interactive Zone will be given the option to participate in Zumba for Kids. Appropriate exercise or dance shoes are required for all participants.

GYMNASIUM RULES

- Scheduled activities have priority; please refer to schedule.
- Please wear non-skid, non-marking shoes only. Court shoes are preferred.
- Please do not bring food or drinks into the gym.
- Please do not on wall-mounted goals.
- Please do not hang on rims.
- Please do not engage in horseplay, rough play, undesirable or loud language.
- Have fun!

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org