


YGYMNASIUM™

Effective Jun. 1 - Sep. 4, 2010

All scheduled gymnasium activities require athletic clothing and tennis shoes.
NO FOOD ALLOWED. Only water or sports drink in an enclosed container.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM		Open Gym 5:00-9:15AM		Open Gym 5:00-9:15AM		Closed	Closed
AM		G-E-K-O Group Exercise for Kids Only (Ages 3-5) 9:30-10:00AM		G-E-K-O Group Exercise for Kids Only (Ages 3-5) 9:30-10:00AM		Open Gym 7:00-9:00AM	
	Open Gym 5:00AM-5:45PM		Open Gym 5:00AM-5:45PM		Open Gym 5:00AM-4:00PM	Family Time 9:00AM-NOON	Open Gym 8:00AM-3:00PM
		Open Gym 9:45AM-5:45PM		Open Gym 9:45AM-5:45PM		Open Gym NOON-2:00PM	
 GYMNASIUM USAGE DURING SUMMER CAMPS Due to Youth & Teen Camps held on various weekdays during the summer, the gymnasium may be in use by our camp groups, thereby limiting its use for Open Gym. Usage times will vary depending on the day's scheduled activities. We appreciate your understanding and cooperation during these times.							
						Teen/Adult Basketball (Ages 13+) 2:00-5:45PM	Teen/Adult Basketball (Ages 13+) 3:00-5:45PM
	G-E-K-O Group Exercise for Kids Only (Ages 3-5) 5:45-6:15PM	Reserved for ChildWatch Use 5:45-6:15PM	Reserved for ChildWatch Use 5:45-6:15PM	Reserved for ChildWatch Use 5:45-6:15PM	Teen Basketball (Ages 13-19) 4:00-6:00PM	AGE GUIDELINES FOR GYM USAGE: Individuals 13 years and older may use the gymnasium without adult supervision. Unless otherwise participating in a YMCA supervised program, youth younger than 13 must be accompanied by (and under the direct supervision of) their parent or supervising guardian at all times while using the gym.	
PM	Y-Boot Camp 6:20-7:10PM	S-P-A-R-K Sports, Play & Active Recreation for Kids (Ages 6-9) 6:15-6:45PM	S-P-A-R-K Sports, Play & Active Recreation for Kids (Ages 10-12) 6:15-6:45PM	ZUMBA FOR KIDS! (Ages 6-12) 6:20-6:50PM <i>Through June only</i>			
	Youth & Teen Center (Ages 8-15) 7:10-8:00PM	Youth & Teen Center (Ages 8-15) 6:45-8:00PM	G-E-K-O Group Exercise for Kids Only (Ages 3-5) 6:45-7:15PM	Youth & Teen Center (Ages 8-15) 6:50-8:00PM	Open Gym 6:00-9:45PM		
	Open Gym 8:00-9:45PM	Teen/Adult Basketball (Ages 13+) 8:00-9:45PM	Open Gym 8:00-9:45PM	Teen/Adult Basketball (Ages 13+) 8:00-9:45PM			
						Use of Secondary Basketball Goal: For your safety, use of the secondary basketball goal is restricted during active game play.	

GYMNASIUM OPERATING HOURS Monday-Friday 5AM-9:45PM • Saturday 7AM-5:45PM • Sunday 8AM-5:45PM

Taylor Bend Family YMCA • 4626 Taylor Road • Chesapeake, VA 23321 • (757) 638-9622 • www.ymcashr.org

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

Program Descriptions & Gymnasium Guidelines

G.E.K.O

Group Exercise for Kids Only!

Children 3-5 years old have a great 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 the Child Watch area. Children will be escorted to GEKO by staff and returned to Child Watch at the end of class. *For everyone's safety, sneakers are required for G.E.K.O. activities.*

Family Time

Family Time allows parents and their children open play time in the gym. *Organized basketball is not permitted during this time.*

Open Gym

When other programs are not scheduled, our gymnasium is available for Open Gym time. 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 everyone can enjoy Open Gym together! *Please see reverse side for specific "Open Gym" days and times.*

S.P.A.R.K

Sports, Play & Active Recreation for Kids!

This program gives older children and pre-teens an opportunity to exercise their muscles, develop healthy habits and meet new friends during teambuilding activities! Children signed-in to Child Watch should be registered for SPARK in the Child Watch area. Children signed-in to the Interactive Zone have the option of participating in SPARK.

Ages 6 to 9:

Tuesdays 6:15PM - 6:45PM

Ages 10 to 12:

Wednesdays 6:15PM - 6:45PM

Teen Basketball

Teens (ages 13 to 19) are welcome to come join a pick-up game of half-court basketball. Get a great workout and make new friends. This is a free program and requires no registration. *For your safety, use of the secondary basketball goal is restricted during active game play.*

Y-Boot Camp

This group exercise class challenges the body with a variety of cardio and strength training techniques through calisthenics-type exercises.

Teen/Adult Basketball

Teens (ages 13 & up) and adults are welcome to come join a pick-up game of half-court basketball. Get a great workout and make new friends. This is a free program and requires no registration. *For your safety, use of the secondary basketball goal is restricted during active game play.*

Youth & Teen Center

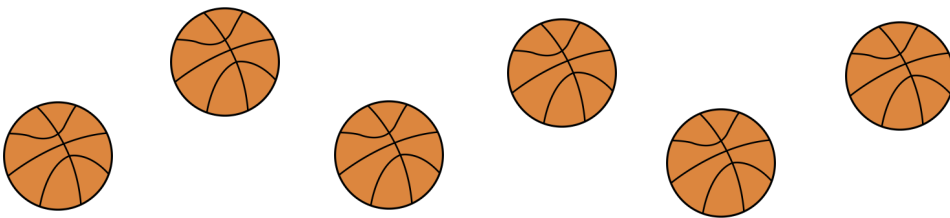
Age-appropriate, supervised activities in the gymnasium for youth and teens between the ages of 8 and 15 years old.

ZUMBA for Kids!

This class is similar to our regular ZUMBA, just geared to kids 6 to 12 years old. This fun cardiovascular workout uses Latin-inspired dance moves set to international music. Children signed-in to Child Watch should be registered for ZUMBA in the Child Watch area. Children signed-in to the Interactive Zone have the option of participating in ZUMBA.

Child Watch Gymnasium Usage:

In the event of needed overflow space for ChildWatch activities, the gymnasium is reserved for their use on Tuesdays & Wednesdays, 5:45-6:15pm and on Thursdays, 5:45-6:20pm. Everyone's cooperation is expected and much appreciated.



These guidelines are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area. Apply the rules of good sportsmanship at all times. Anyone who abuses the 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. Basketballs are available for checkout at the Member Services Desk.

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.