



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COA/YMCA NORTH AUSTIN GYM SCHEDULE

April 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|-----------------------------------|--------------------------------|-------------------------------------|-----------------------------------|---|-------------------------------------|
| CLOSED | Open Gym (C)(F) 5:30am-7:30am | Open Gym (C)(F) 5:30am-7:30am | Open Gym (C)(F) 5:30am-7:30am | Open Gym (C)(F) 5:30am-7:30am | Open Gym (C)(F) 5:30am-7:30am | Open Gym (C)(F) 8:00am-10:00am |
| | Open Gym (F) 7:30am-9:45am | Open Gym (F) 7:30am-11:30am | Open Gym (F) 7:30am-9:30am | Open Gym (F) 7:30am-9:45am | Open Gym (F) 7:30am-9:30am | Child Watch/Hang Time (F) 10am-11am |
| | YMCA Programing 9:45am-11am | | Open Gym (F) (C) 9:30am-11am | YMCA Programing 9:45am-11am | Open Gym (F) (C) 9:30am-11am | YMCA MEND 11am-12pm |
| | YMCA Programing 11:30am-1pm | YMCA Programing 11:30am-1pm | YMCA Programing 11:30am-1pm | YMCA Programing 11am-1pm | Open Gym (F) 11am-4pm | Open Gym (C)(F) 12pm-3pm |
| Open Gym (C)(F) 1pm-3pm | Open Gym (F) 1pm-6pm | Open Gym (F) 1:00pm-3:00pm | Open Gym (F) 1pm-5:00pm | Open Gym (F) (C) 1pm-3pm | | |
| | | Open Gym (F) 3pm-5:45pm | | Open Gym (F) 3pm-6pm | YMCA Youth Programing 4pm-6:30pm | |
| Open Gym (F) 3pm-5:45pm | Child Watch/Hang Time (F) 6pm-7pm | Open Gym (F) (C) 3:00pm-5:45pm | YMCA Youth Programing 5:00pm-6:00pm | Child Watch/Hang Time (F) 6pm-8pm | Child Watch/Hang Time (F) 6:30pm-7:30pm | Open Gym (F) 3pm-5:45pm |
| CLOSED | | YMCA Programing 5:45pm-7pm | Child Watch/Hang Time (F) 6pm-8pm | Open Gym (F) (C) 8pm-9:45pm | Open Gym (C)(F) 7:30pm-8:45pm | |
| | Teen Open Gym (C)(F) 7pm-9:45pm | YMCA MEND 7pm-8pm | Open Gym (F) (C) 8pm-9:45pm | | | CLOSED |
| | Open Gym (F) (C) 8pm-9:45pm | | | | | |

PLEASE READ GYM GUIDELINES & POLICIES

- Community Members may use the Gym during time blocks marked with (C).
- Facility Members may use the Gym during time blocks marked with (F).
- Family Open Gym: The gym will be open for children under 13 and their parents. Short goals will be available.
- Child Watch/Hang Time: Children must be checked in to Child Watch or the Teen Room in order to use the gym during this time.
- Teen Open Gym: Priority will be given to teens, ages 13-18.
- NO food is allowed in the gym.
- ONLY Water and/or Gatorade allowed in the gym.
- The gym will be closed during and up to 15 minutes before and after YMCA Programming to ensure all equipment is put up properly before the gym is re-opened.
- Gym CLOSES 15 minutes before the closing of the facility to ensure we get everyone out of the building by closing time.