



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COA/YMCA NORTH AUSTIN GYM SCHEDULE

December 25<sup>th</sup>, 2017 – January 6<sup>th</sup>, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLOSED</b>	Open Gym (C)(F) 5:30am-7:30am	Open Gym (C)(F) 5:30am-9:30am	Open Gym (C)(F) 5:30am-7:30am	Open Gym (C)(F) 5:30am-7:30am	Open Gym (C)(F) 5:30am-9:30am	Open Gym (C)(F) 8am-9:45am
	Open Gym (F) 7:30am-9:30am	Open Gym (F) (C) 9:30am-1:00pm	Open Gym (F) 7:30am-9:30am	Open Gym (F) 7:30am-9:30am	Open Gym (F) 9:30am-11:30am	Y Healthy Families Programing 9:45am-12pm
	Open Gym (C)(F) 1pm-3pm			Open Gym (F) (C) 9:30am-6:00pm	YMCA Programing 1:00pm-3:00pm	Open Gym (F) (C) 9:30am-1:00pm
		Open Gym (F) 3pm-5:45pm	Open Gym (F) (C) 1:30pm-8pm			Open Gym (F) (C) 9:30am-8pm
<b>CLOSED</b>	Child Watch/Hang Time (F) 6pm-7pm			Open Gym (F) (C) 1:30pm-8pm	Open Gym (F) (C) 9:30am-8pm	
		Teen Open Gym (C)(F) 7pm-9:45pm	Open Gym (F) (C) 8pm-9:45pm			Open Gym (F) (C) 8pm-9:45pm
<b>CLOSED</b>	Child Watch/Hang Time (F) 7pm-8pm			Open Gym (F) (C) 8pm-9:45pm	Open Gym (F) (C) 8pm-9:45pm	
		<b>CLOSED</b>	Teen Open Gym (C)(F) 7pm-9:45pm			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.