



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COA/YMCA NORTH AUSTIN

GYM SCHEDULE

January–March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	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–8:45am
	Open Gym (F) 7:30am–9:45am	Open Gym (F) (C) 9:30am–11:30am	Open Gym (F) 7:30am–9:30am	Open Gym (F) 7:30am–9:30am	Open Gym (F) 9:30am–11:30am	Youth Basketball 8:45am – 2pm
	YMCA Programing 9:45am–11:30am		Open Gym (F) (C) 9:30am–11:30am	Open Gym (F) (C) 9:30am–11:30am	Open Gym (C) (F) 11:30am–2pm	
Open Gym (C)(F) 1pm–3pm	YMCA Programing 11:30am–1:30pm	YMCA Programing 11:30am–1:30pm	YMCA Programing 11:30am–1:30pm	YMCA Programing 11:30am–1:30pm	Open Gym (F) 2pm–4pm	Open Gym (C)(F) 2pm–4pm
		Open Gym (F) (C) 1:30pm–2:30pm	Open Gym (F) (C) 1:30pm–2:30pm	Open Gym (F) (C) 11:30am–1:30pm		
Open Gym (F) 3pm–5:45pm	Open Gym (F) (C) 1:30pm–5:45pm	Open Gym (F) (C) 1:30pm–6pm	Open Gym (F) (C) 2:30pm–4:45pm	Open Gym (C) (F) 1:30pm–4:45pm	Open Gym (C) (F) 4pm–5:45pm	Open Gym (F) 4pm–5:45pm
			YMCA Programing 4:45pm–8pm	YMCA Youth Programing 4:45pm–7pm	<u>FREE</u> Adult Volleyball (C) (F) 5:45pm–7:15pm	
CLOSED	YMCA Programming 5:45pm–7pm	YMCA Programming 6pm–8pm	Open Gym (F) (C) 8pm–9:45pm	YMCA Programming 7pm–8pm	Open Gym (C)(F) 7:15pm–8:45pm	CLOSED
	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.