



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COA/YMCA NORTH AUSTIN

GYM SCHEDULE

October 2017

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-9:45am
	Open Gym (F) 7:30am-9:30am	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	Y Healthy Families Programing 9:45am-12pm
	Open Gym (F) (C) 9:30am-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 (F) 12pm-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 (F) (C) 1:30pm-2:30pm			Open Gym (F) (C) 1:30pm-1:30pm	Open Gym (F) (C) 1:30pm-1:30pm		
Open Gym (F) 3pm-5:45pm	Open Gym (F) (C) 1:30pm-6pm	Open Gym (F) (C) 1:30pm-6pm	Open Gym (F) (C) 2:30pm-4:45pm	Open Gym (C) (F) 1:30pm-5:30pm	Open Gym (C) (F) 4pm-5:45pm	Open Gym (F) 4pm-5:45pm
			YMCA Programing 4:45pm-7pm	YMCA Youth Programing 5:45pm-7pm	<u>FREE</u> Adult Volleyball (C) (F) 5:45pm-7:15pm	
CLOSED	Child Watch/Hang Time (F) 6pm-7pm	YMCA Programing/Y Healthy Families programing 6pm-8pm	Open Gym (F) (C) 8pm-9:45pm	Child Watch/Hang Time (F) 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		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.