



# WHEELER REGIONAL FAMILY YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 7, 2019- February 24, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH
<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 5:30AM-9:30AM Single Basket Curtain Down	<b>OPEN GYM</b> 7:00AM-8:45AM Single Basket Curtain Down	<b>OPEN GYM</b> 7:00AM-8:45AM Single Basket Curtain Down	<b>BADMINTON PROGRAM</b> 8:00AM-11:00AM Full Court <b>CURTAIN UP</b>
<b>OPEN GYM</b> 9:30AM-12:00PM Single Basket Curtain Down	<b>PRESCHOOL</b> 9:30AM-12:00PM Half of the gym Curtain Down	<b>OPEN GYM</b> 9:30AM-11:00PM Single Basket Curtain Down	<b>PRESCHOOL</b> 9:30-11:00AM Half of the gym Curtain Down	<b>OPEN GYM</b> 9:30AM-12:00PM Single Basket Curtain Down	<b>PRESCHOOL</b> 9:30-12:00PM Half of the gym Curtain Down	<b>OPEN GYM</b> 9:30AM-12:00PM Single Basket Curtain Down	<b>PRESCHOOL</b> 9:30-12:00PM Half of the gym Curtain Down	<b>OPEN GYM</b> 9:30AM-11:00AM Single Basket Curtain Down	<b>PRESCHOOL</b> 9:30-11:00PM Half of the gym Curtain Down	<b>YOUTH BASKETBALL</b> 9:00PM-12:15PM Full Court <b>CURTAIN UP</b>		<b>FAMILY OPEN GYM</b> 11:15-1:00PM Single Basket Curtain Down	<b>BIRTHDAY PARTY</b> 12:00-2:00PM Curtain Down
<b>ADULT DROP IN BASKETBALL</b> 12:00-2:00PM Full Court <b>CURTAIN UP</b>		<b>PICKLEBALL</b> 11:00AM-12:30PM Full Court <b>CURTAIN UP</b>		<b>ADULT DROP IN BASKETBALL</b> 12:00-2:00PM Full Court <b>CURTAIN UP</b>		<b>OPEN GYM</b> 12:00-3:00PM Single Basket Curtain Down	<b>OPEN GYM</b> 12:00-3:00PM Single Basket Curtain Down	<b>PICKLEBALL</b> 11:00AM-12:30PM Full Court <b>CURTAIN UP</b>		<b>OPEN GYM</b> 12:15-2:15 PM Single Basket Curtain Down	<b>OPEN GYM</b> 12:15-2:15 PM Single Basket Curtain Down	<b>OPEN GYM</b> 1:00PM-4:00PM Single Basket Curtain Down	<b>BIRTHDAY PARTY</b> 2:00-4:00PM Curtain Down
<b>OPEN GYM</b> 2:00-5:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 2:00-5:00PM Single Basket Curtain Down	<b>OPEN GYM</b> 12:30-4:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 12:30-4:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 2:00-4:45PM Single Basket Curtain Down	<b>FAMILY OPEN GYM</b> 2:00-5:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 3:00-4:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 3:00-4:45PM Single Basket Curtain Down	<b>ADULT DROP IN BASKETBALL</b> 12:30-2:00PM Full Court <b>CURTAIN UP</b>		<b>OPEN GYM</b> 2:15-5:00PM Single Basket Curtain Down	<b>DROP IN BASKETBALL</b> Any Basket 2:15-2:00PM		
<b>FAMILY JUDO</b> 6:00-8:00PM Curtain Down	<b>FAMILY OPEN GYM</b> 5:00-7:00PM Single Basket Curtain Down	<b>OPEN GYM</b> 4:45-5:45PM Single Basket Curtain Down	<b>FAMILY OPEN GYM</b> 4:45-5:45PM Single Basket Curtain Down	<b>SPORTS OF ALL SORTS</b> 5:00-5:45PM Curtain Down	<b>FAMILY OPEN GYM</b> 2:00-5:45PM Single Basket Curtain Down	<b>YOUTH SOCCER</b> 5:00PM-7:30PM Full Court <b>CURTAIN UP</b>		<b>OPEN GYM</b> 2:00-4:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 2:00-4:45PM Single Basket Curtain Down	<b>OPEN GYM</b> 5:00-6:00PM Single Basket Curtain Down	<b>BIRTHDAY PARTY</b> 2:00-6:00PM Curtain Down		
<b>OPEN GYM</b> 8:00PM-9:00PM Single Basket Curtain Down	<b>OPEN GYM</b> 7:00PM-9:00PM Single Basket Curtain Down	<b>VOLLEYBALL</b> 6:00PM-9:00PM Full Court <b>CURTAIN UP</b>		<b>BADMINTON PROGRAM</b> 6:00PM-9:00PM Full Court <b>CURTAIN UP</b>		<b>OPEN GYM</b> 7:30PM-9:00PM Single Basket Curtain Down	<b>OPEN GYM</b> 7:30PM-9:00PM Single Basket Curtain Down	<b>DROP IN BADMINTON</b> 5:00PM-7:00PM Full Court <b>CURTAIN UP</b>					
								<b>MIDDLE SCHOOL NIGHT</b> 7:00PM-9:00PM Full Court <b>CURTAIN UP</b>					

## GYMNASIUM POLICY

No food or drinks allowed in the gymnasium. Capped water bottles only.  
No profanity arguing or fighting.  
Please be respectful of the schedule and sharing of court space.

If you choose not to abide by these guidelines, membership privileges may be revoked.

This schedule is subject to change based on program needs, availability, and special events.

## BASKETBALL POLICY

Only a few basketballs will be available at the front desk. If the basketballs are not returned or are damaged your account may be charged.

**Single Basket:** You may only use 1 basket for shooting. You may not play half court games which takes away access to the two side hoops.

**Full court:** Full court is for programs and activities that require the full gymnasium. If you are not in the program, please come back during open gym.

## GYMNASIUM PROGRAM DESCRIPTIONS

**Open Gym:** All are welcome. Courts must be shared with everyone.

**Family Open Gym:** All families (parents with young children) are welcome to use the gymnasium.

**Preschool:** Our pre school comes in to use our gym so that the kids can have some constructive play time!

**Adult Drop in Basketball:** Open to all (ages 18+)

**Family Judo:** Judo is a program that we have had here at Wheeler for over 10 years and runs with our normal sessions. Please see our front desk for more information

**Badminton:** This is a program that runs with our sessions on Sunday and Wednesday. Friday badminton is drop in for a small fee.

**Middle School Night:** Teen night is for any student in grades 6-8 and provides a safe space for teens to spend time with their friends and participate in activities. There is a small fee.

**Birthday Parties:** We host birthday parties on Saturdays and Sundays throughout the year. Certain parties will occupy half the gym for sports activities.