



# FARMINGTON VALLEY YMCA GYMNASIUM SCHEDULE-1.4.19

**Effective:  
Feb 4- April 1, 2019**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**860 653 5524      www.farmingtonvalleyYMCA.org      WINTER      2019**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|--|--|---|--|---|--|--|
| <b>OPEN RECREATION</b><br>5:30AM-9:15AM  | <b>OPEN RECREATION</b><br>5:30AM-10:00AM                       | <b>OPEN RECREATION</b><br>5:30AM-9:00AM   | <b>OPEN RECREATION</b><br>5:30AM-9:45AM                        | <b>OPEN RECREATION</b><br>5:30AM-9:00AM   | <b>YOUTH &amp; FAMILY OPEN REC.</b><br>7:30AM-8:45AM             | <b>YOUTH &amp; FAMILY OPEN REC.</b><br>11:00AM-1:30PM            |
| <b>SENIOR STRENGTH &amp; BALANCE</b><br>9:30AM-10:15AM<br>Group Exercise Class                       | <b>PICKLEBALL</b><br>10:00AM-1:00PM<br>Adults and Seniors Only | <b>GYM DANDY</b><br>9:15AM-10:30AM<br>Weekly Drop in Class  | <b>SPORTS OF ALL SORTS</b><br>10:00AM-11:00AM<br>Ages 3-6      | <b>GYM JAM SPORTS</b><br>9:00AM-10:00AM<br>Weekly Drop in Class                                       | <b>BASKETBALL PRESCHOOL</b><br>9:00AM-9:45AM<br>Ages 3-4         | <b>PARTY RENTALS</b><br>1:30PM-4:00PM<br>OPEN REC. IF NO RENTALS |
| <b>SINGLE BASKET OPEN REC.</b><br>10:30AM-11:15AM  | <b>SINGLE BASKET OPEN REC.</b><br>1:00PM-5:45PM                | <b>FAMILY OPEN RECREATION</b><br>10:30AM-12:00PM  | <b>PICKLEBALL</b><br>11:30AM-2:30PM<br>Adults and Seniors Only | <b>SPORTS OF ALL SORTS</b><br>10:00AM-11:00AM<br>Ages 3-6   | <b>BASKETBALL YOUTH</b><br>10:00AM-11:00AM<br>Ages 5-K           | <b>SINGLE BASKET OPEN REC.</b><br>4:00PM-5:00PM                  |
| <b>PICKLEBALL</b><br>11:30AM-2:30PM<br>Adults and Seniors Only                                       | <b>BASKETBALL PRACTICES</b><br>6:00PM-8:00PM<br>Gym Closed     | <b>SINGLE BASKET OPEN REC.</b><br>12:00PM-5:00PM<br><i>* Child Care will be using half gym at 4PM</i> | <b>SINGLE BASKET OPEN REC.</b><br>2:30PM-4:45PM                | <b>SINGLE BASKET OPEN REC.</b><br>11:05AM-5:45PM<br><i>* Child Care will be using half gym at 4PM</i> | <b>BASKETBALL YOUTH</b><br>11:00AM-12:00PM<br>Grades 1-2         | <b>TEEN/ADULT OPEN REC.</b><br>5:00PM-5:45PM<br>FULL COURT       |
| <b>SINGLE BASKET OPEN REC.</b><br>2:30PM-5:00PM<br><i>* Child Care will be using half gym at 4PM</i> | <b>TEEN/ADULT OPEN REC.</b><br>8:00PM-8:55PM<br>FULL COURT     | <b>BASKETBALL YOUTH</b><br>5:20PM-6:20PM<br>Grades 1-2  | <b>SPORTS OF ALL SORTS</b><br>5:00PM-6:00PM                    | <b>BASKETBALL PRACTICES</b><br>6:00PM-8:00PM<br>Gym Closed  | <b>GRADES 3-8 BASKETBALL GAMES</b><br>12:05PM-3:00PM             | <b>CLOSED</b><br>5:45PM-6:00PM                                   |
| <b>BASKETBALL YOUTH</b><br>5:15PM-6:15PM<br>Ages 5-K   | <b>CLOSED</b><br>8:55PM-9:00PM                                 | <b>ADULT (18+) ADV. VOLLEYBALL</b><br>6:30PM-8:45PM<br>Drop in  | <b>SINGLE BASKET OPEN REC.</b><br>6:05PM-7:00PM                | <b>CLOSED</b><br>8:00PM   | <b>PARTY RENTALS</b><br>3:00PM-4:30PM<br>OPEN REC. IF NO RENTALS |  |
| <b>BASKETBALL YOUTH</b><br>6:20PM-7:20PM<br>Grades 1-2   |  | <b>CLOSED</b><br>8:45PM-9:00PM  | <b>TEEN/ADULT OPEN REC.</b><br>7:00PM-8:45PM<br>FULL COURT     |   | <b>SINGLE BASKET OPEN REC.</b><br>4:35PM-6:45PM                  |  |
| <b>BASKETBALL PRACTICES</b><br>7:30PM-8:30PM<br>Gym Closed   |  |   | <b>CLOSED</b><br>8:45PM-9:00PM                                 |   | <b>CLOSED</b><br>6:45-7:00PM                                     |  |
| <b>CLOSED</b><br>8:45PM-9:00PM   |  |   |  |   |  |  |

**IMPORTANT INFORMATION**  
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 priveleges may be revoked.  
GYMNASIUM will closed 15 minutes earlier that we close

**SCHEDULE NOTES**  
Youth & Teen Open Recreation time is for all youth and teens (under 12 with adult supervision)  
Teen/Adult Open Recreation is time available for pick-up games using full court, if desired  
Family Open Recreation is available for families to use single baskets

**IMPORTANT CLOSURE DATES:**  
Thursday, Feb 21 6:00-8:00PM  
Thursday, Feb 28 6:00-8:00PM  
Friday, March 1 5:30-CLOSE  
Monday, March 4 5:30-CLOSE  
Friday, March 22 6:00-CLOSE

## PICK-UP BASKETBALL CODE OF CONDUCT

**Teen/adult recreation must follow the code of conduct**  
**FORMAT**

- For the first game of the night, choose captains or shoot teams.
- Players will sign up on the whiteboard to fill the next team.
- Sign up is on first come, first served basis. You may only write your own name.
- Players on the court may not sign up until they are finished playing.
- The losing team always comes off the court. Winner stays on for a second game and then comes off.
- Games are to be no more than 10 points using 1 and 2 point system.

**ETIQUETTE**

- If you wish to play with your own 5, you may sign up together in the next available 5 spot roster. All players must be present.
- Make your own calls. Respect other player's calls and do not argue.
- Absolutely no profanity, arguing or fighting.
- Adults may not utilize the full court during family or youth recreation.
- If you choose not to abide by these guidelines, membership priveleges may be provoked.