



# WHEELER REGIONAL FAMILY YMCA

## GYMNASIUM SCHEDULE (schedule subject to change due to weather & usage of Gym for Camp)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Summer Session 2 July 22, 2019–August 25, 2019

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

### 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.

**PLEASE NOTE OPEN GYM, FAMILY OPEN GYM & ADULT DROP IN BASKETBALL AND PICKLEBALL MAY BE AFFECTED DUE TO WEATHER CONDITIONS AND USAGE OF GYM IS NEEDED FOR CAMP WHEELER.**

### 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.

**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.