



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF
Open Gym Single Basket 5 - 11:15AM	Open Gym Single Basket 5 - 10 AM	Open Gym Single Basket 5-8:00 AM	Open Gym Single Basket 5-8:00 AM	Open Gym Single Basket 5 - 11:15AM	Open Gym Single Basket 5 - 10 AM	Open Gym Single Basket 5-8:00 AM	Open Gym Single Basket 5-8:00AM	Open Gym Single Basket 5- 11:15AM	Open Gym Single Basket 5 - 10 AM	Open Gym Single Basket 7 - 8:15 AM	Open Gym Single Basket 7 - 8:15 AM	Open Gym Single Basket 7 - 9:45AM	Open Gym Single Basket 7 - 10 AM
Pickleball 11:30 AM — 2:30 PM Open to All Ages		Pickleball 8:00 AM-10:00AM Open to All Ages		Pickleball 11:30 AM — 2:30 PM Open to All Ages		Pickleball 8:00 AM-10:00AM Open to All Ages		Pickleball 11:30 AM — 2:30 PM Open to All Ages		Frog Rock Basketball League Gym Rental 8:15 - 11:15 AM		Her Time to Play Basketball 10 - 10:45 AM Girls Only Ages 11-14	
Family Friendly Gym 2:30 - 6 PM	Open Gym Single Basket 2:30 - 5:30 PM	Family Friendly Gym 10:00 - 5:15PM		Family Friendly Gym 2:30 -6 PM	Open Gym Single Basket 2:30 - 5:30 PM	Family Friendly Gym 2:30 -4 PM	Open Gym Single Basket 11:00 - 5:30 PM	Family Friendly Gym 2:30 - 4 PM		Party Rentals 12 - 4 PM	Adult 5 v 5 Basketball 3 - 5:45 PM Ages 16+	Party Rentals 12 - 4 PM	Teen 5 v 5 Basketball 3 - 5:45 PM Ages 10-16
Open Gym Single Basket 6 - 8:45 PM	Adult 5 v 5 Basketball 5:30 - 8 PM Ages 16+	Family Pickleball 5:30 - 7:30 PM Open to All Ages	Open Gym Single Basket 10:00 - 8:45 PM	Open Gym Single Basket 6- 8:45 PM	Teen 5 v 5 Basketball 5:30 - 8 PM Ages 10-16	Archery Beginner 4 - 4:55 PM Ages 7-12	Adult 5 v 5 Basketball 5:30 - 8 PM Ages 16+	Kid's Night Out Now Every Friday! 5:45-8:35 PM Ages 3-12	Open Gym Single Basket 2:30 - 8:45 PM	Open Gym Single Basket 4 - 5:45 PM		Open Gym Single Basket 4 - 5:45 PM	

Schedule subject to change based on programming!
LEARN MORE AND TO REGISTER:
www.haleYMCA.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEEN CENTER Open 4:00-7:00 PM For Ages 8-12	TEEN CENTER Book Club 1st Tues. of Month-1:00 PM Open 4:00-7:00 PM For Ages 8-12	TEEN CENTER Cancer Support Group 2nd Wed. of Month-1:00 pm Open 4:00-7:00 PM For Ages 8-12	TEEN CENTER Open 4:00-7:00 PM For Ages 8-12	TEEN CENTER Kids Night Out 5:45-8:35 PM Ages 3-12	TEEN CENTER Open 8 AM-12 PM For Ages 8-12 Party Rentals 12-4 PM	TEEN CENTER Her Time to Play 10:45-11:30 Party Rentals 12-4 PM

General Gymnasium Rules:

- No Food or Drinks—Capped Water Bottles Only
- Youth under 10 are allowed in the gym with a parent/guardian.
- Youth 10 and 11 are allowed in the gym with a parent/guardian in the building.
- Youth ages 12-18 are allowed in the gym without a parent in the facility
- Please uphold the YMCA's Character Values of Caring, Honesty, Respect and Responsibility. No arguing or fighting, family appropriate language is required at all times.
- Thank you for leaving cell phone conversations outside of the Gymnasium. Please limit texting and the use of social media while in the Gym.
- NO PHOTO TAKING.
- Shirts and athletic shoes are required. Please use a locker for all coats and bags.
- Please be respectful of our schedule and the sharing of court space
- Gym will close 15 minutes earlier than facility closes
- During inclement weather, modified schedules may exist to accommodate programs

Definitions:

Adult – Ages 16 and up

Teen – Ages 10 to 16

5v5 - Basketball game played between two teams with five players each allowed on the court at any one time.

Open Gym Single Basket – All are welcome to use the gymnasium for basketball (single basket only) and other activities. No teams. Recommended ages 7 and up.

Family Friendly Gym – All families (parents with young children) are welcome to use the gymnasium for basketball (single basket only) and other activities.

Pickleball - an indoor or outdoor game that is played on a level court with short-handled paddles and a perforated plastic ball volleyed over a low net by two players or pairs of players. Pickleball is a paddle sport that was created for all ages and skill levels.

Kid's Night Out

Parents enjoy a Friday night out while kids enjoy a fun night at the Y! Children will play games, swim when available, are provided dinner and check out an age appropriate movie! Call or check in at the Welcome Desk for dates & times and to register!

Parties at the Y

Host your next celebration at the Hale YMCA. A variety of party packages are available. Call or check in at the Welcome Desk or email veronica.larocque@ghymca.org for a brochure or for more information.