

# GYMNASIUM SCHEDULE

HALE YMCA YOUTH & FAMILY CENTER 860.315.9622 | HaleYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WINTER

2/16/20-4/12/20

FRONT HALF

BACK HALF

## MONDAY

**Open Gym  
Single Basket**  
5-11:15AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Family Friendly Gym**  
2:30-5:30PM

**Adults (ages 16+)  
5v5 Basketball  
Full Court**  
5:30-8PM

**Family Friendly Gym**  
8-8:45PM

## TUESDAY

**Open Gym  
Single Basket**  
5-8AM

**Pickleball  
Full Court**  
8-10AM  
Open to all ages

**Family Friendly Gym**  
10:15AM-4:30PM

**Family Friendly  
Games**  
4:30-5:30PM

**Family Friendly Gym**  
5:30-8:45PM

## WEDNESDAY

**Open Gym  
Single Basket**  
5-11:15AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Family Friendly Gym**  
2:30-5:30PM

**Family Friendly  
Games**  
5:30-6:30PM

**Family Friendly Gym**  
6:30-8:45PM

## THURSDAY

**Open Gym  
Single Basket**  
5-11:15AM

**Pickleball  
Full Court**  
8-10AM  
Open to all ages

**Family Friendly Gym**  
10:15AM-4PM

**Archery Beginner  
(ages 7-12)**  
4-4:45PM

**Family Friendly Gym**  
5-8:45PM

## FRIDAY

**Open Gym  
Single Basket**  
5-11:15AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Family Friendly Gym**  
2:30-4PM

**Archery Intermediate  
(ages 7-12)**  
4-4:45PM

**Kids Night Out  
(ages 3-12)**  
5:45-8:45PM

## SATURDAY

**Open Gym  
Single Basket**  
7-8:15AM

**Frog Rock Basketball  
League Gym Rental**  
8:15-11:15AM

**Party Rentals**  
12-4PM

**Open Gym  
Single Basket**  
4-5:45PM

## SUNDAY

**Open Gym  
Single Basket**  
7-9:45AM

**Her Time to Play  
Basketball  
(girls only,  
ages 11-14)**  
10-11AM

**Party Rentals**  
12-4PM

**Open Gym  
Single Basket**  
4-5:45PM

Schedule subject to change  
based on programming!

[HALEYMCA.org](http://HALEYMCA.org)

**Open Gym  
Single Basket**  
5-10:15AM

**Senior Cardio**  
10:15-11AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Open Gym  
Single Basket**  
2:30-5:30PM

**Adults (ages 16+)  
5v5 Basketball  
Full Court**  
5:30-8PM

**Open Gym  
Single Basket**  
8-8:45PM

**Open Gym  
Single Basket**  
5-8AM

**Pickleball  
Full Court**  
8-10AM  
Open to all ages

**Zumba Gold**  
10:45-11:30AM

**Open Gym  
Single Basket**  
11:30AM-5:30PM

**Teens (ages 10-16)  
5v5 Basketball**  
5:30-8PM

**Open Gym  
Single Basket**  
8-8:45PM

**Open Gym  
Single Basket**  
5-10:15AM

**Senior Boom**  
10:15-11AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Open Gym  
Single Basket**  
2:30-5:30PM

**Adults (ages 16+)  
5v5 Basketball**  
5:30-8PM

**Open Gym  
Single Basket**  
8-8:45PM

**Open Gym  
Single Basket**  
5-10:15AM

**Pickleball  
Full Court**  
8-10AM  
Open to all ages

**Senior Stretch &  
Balance**  
10:15-11AM

**Open Gym  
Single Basket**  
2:30-5:30PM

**Teens (ages 10-16)  
5v5 Basketball**  
5:30-8PM

**Open Gym  
Single Basket**  
8-8:45PM

**Open Gym  
Single Basket**  
5-10:15AM

**Senior Stretch &  
Balance**  
10:15-11AM

**Pickleball  
Full Court**  
11:30AM-2:30PM  
Open to all ages

**Open Gym  
Single Basket**  
2:30-8:45PM

**Open Gym  
Single Basket**  
7-8:15AM

**Family Friendly Gym**  
8:15AM-3PM

**Adults (ages 16+)  
5v5 Basketball**  
3-5:45PM

**Open Gym  
Single Basket**  
7-10AM

**Family Friendly Gym**  
10AM-3PM

**Teens (ages 10-16)  
5v5 Basketball**  
3-5:45PM

## Did you know we have a TEEN CENTER?!

- Open for ages 8-12 Monday-Thursday 4-7PM & Saturday 8AM-12PM
- Available for Party Rentals Saturdays & Sundays 12-4PM
- Book Club 1st Tuesday of the Month at 1PM
- Cancer support group 2nd Wednesday of the month at 1PM
- Kids Night Out for ages 3-12 Fridays 5:45-8:35PM

## 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, and family appropriate language is required at all times.
- Thank you for leaving cell phone conversations outside of the Gym. 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. The Gym will close 15 minutes earlier than the 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](mailto:veronica.larocque@ghymca.org) for a brochure or for more information.