



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Northeast Y

Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00 AM	Open Gym	Open Gym Drop in Basketball	Open Gym	Open Gym	Open Gym Drop in Basketball	Closed	Closed					
6:00 AM												
7:00 AM												
8:00 AM												
9:00 AM	Preschool Gym	Preschool Gym				Open Gym	Open Gym					
10:00 AM	Open Gym	Youth Gym		Youth Gym								
11:00 AM												
12:00 PM	Drop in Adult Basketball 12 - 1:45 PM	Open Gym	Home school Gym		Drop in Adult Basketball 12 - 1:45 PM							
1:00 PM	Open Gym 1:45 - 10:00 PM											
2:00 PM												
3:00 PM				Open Gym	Open Gym	Open Gym						
4:00 PM	Sports and Conditioning		Sports and Conditioning									
5:00 PM												
6:00 PM	Tae Kwon Do 6:00 - 9:00		Basketball League 6:00 - 10:00					Tae Kwon Do 6:00 - 9:30	Gymnastics 4:45 - 7:15	Tae Kwon Do 6:00 - 9:30	Closed	Closed
7:00 PM												
8:00 PM												
9:00 PM												

Gym Youth Policies

- No hanging on basketball rims
- No cursing, spitting, fighting, rough play or kicking basketballs/volleyballs.
- Youth must be 9 years of age and older to be in the gym without a parent.
- Be respectful of others using the facility
- No hard balls (baseballs, softballs, etc.) or weights can be used in the gymnasium unless during a scheduled class.