

NEWTON YMCA

Open Gym Schedule

Effective 5/28/19-9/1/19

To ensure you have the opportunity to strengthen family through quality time together or can develop a wellness routine that includes indoor sports, the Y offers the following open gym times as part of your membership. During times not listed below, the gyms are closed for youth sport leagues, group exercise, summer day camp or instructional classes. All schedules can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk. Open gym times are subject to change and schedules for all Greater Wichita YMCA locations are available online at ymcawichita.org.

COURT 1

Times listed below are available for recreational gym use.

Sunday	6:30A-8:00P
Monday	4:30A-9:30A
	10:30a-5:00P
	8:30P-11:00P
Tuesday	4:30A-9:30P
	10:30a-5:00P
	8:30P-11:00P
Wednesday	4:30A-9:30A
	10:30a-5:00P
	8:30P-11:00P
Thursday	4:30A-9:30A
	10:30a-5:00P
	8:30P-11:00P
Friday	4:30A-9:30A
	10:30A-9:30P
Saturday	6:30A-7:00A
	6:00P-8:00P

COURT 2

Times listed below are available for recreational gym use.

Sunday	6:30A-8:00P
Monday	4:30A-11:00P
Tuesday	4:30A-1:00P
	3:00P-11:00P
Wednesday	4:30A-11:00P
Thursday	4:30A-1:00P
	3:00P-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-8:00P

BE PART OF A TEAM

Enroll for youth sports like Basketball and Volleyball. Register at the welcome center or online at ymcawichita.org.

BE A ROLE MODEL

Become a volunteer YMCA Coach. Ask ANY Sports Director for details.

PICK-UP BASKETBALL

Pick-up basketball games for those age 18+ take place on Court 2 gym. Shirts must be worn at all times.

RACQUETBALL & HANDBALL

Invite your friends and family to join you at center court for a great way to stay active together.

Access to racquetball courts is included in YMCA membership and equipment is available for check out at the front desk.

Reserve your court online up to 24hrs in advance ymcawichita.org/racquetball.

INDOOR TRACK

Access to the Y's indoor tracks is included in your membership.

Those that are 13+ may use tracks during regular hours of operation. Kids under the age of 13 must be accompanied by an adult and may have limited access during times of peak usage.

PICKLE BALL

Pickle ball games will take place in Court 2 from 1-3:00P Tuesday and Thursday.

Equipment is available to checkout from the welcome center.

FUN FIT (ages 6-12)

Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Available at all locations each summer.

Monday-Friday 9:30-10:30A Court 1

GYM RULES

- Dunking and/or hanging on basketball goals is not allowed.
- No food or drink is allowed in the gym, except for water in non-breakable container
- Please do not use profanity; we are a family facility

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!

