

NORTHWEST YMCA

Open Gym Schedule

Effective 09/3/2019–10/20/2019

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.

GYM A Times listed below are available for play recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-11:00P
Tuesday	4:30A-11:00P
Wednesday	4:30A-11:00P
Thursday	4:30A-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-8:00P

GYM RULES	
<ul style="list-style-type: none"> • 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!




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.

GYM B Times listed below are available for play recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-5:00p
	8:00P-11:00P
Tuesday	4:30A-5:00P
	8:00P-11:00P
Wednesday	4:30A-5:00P
	8:00P-11:00P
Thursday	4:30A-5:00P
	8:00P-11:00P
Friday	4:30A-5:00P
	8:00P-9:30P
Saturday	6:30A-7:00A
	3:00P-8:00P

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

 Those ages 13+ may use tracks during regular hours of operation. Kids under age 13 must be accompanied by an adult and may have restricted access during peak usage.

GYM C Times listed below are available for play recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-5:00P
	8:00P-11:00P
Tuesday	4:30A-5:00P
	8:00P-11:00P
Wednesday	4:30A-5:00P
	8:00P-11:00P
Thursday	4:30A-5:00P
	8:00P-11:00P
Friday	4:30A-5:00P
	8:00P-9:30P
Saturday	6:30A-7:00A
	3:00P-8:00P

BE PART OF A TEAM
 Enroll for youth sports like basketball, soccer, and baseball. Register at the front desk or online at ymcawichita.org.

BE A ROLE MODEL
 Become a volunteer YMCA Coach. Ask ANY Sports Director for details.