

# DOWNTOWN YMCA

## Open Gym Schedule

### Effective 9/3/19-12/31/19

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](http://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](http://ymcawichita.org).

<b>WEST GYMNASIUM</b>	
Times listed below are available for recreational gym use.	
<b>Sunday</b>	6:30A –6:00p
<b>Monday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-11:00P
<b>Tuesday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-11:00P
<b>Wednesday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-11:00P
<b>Thursday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-11:00P
<b>Friday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-9:30P
<b>Saturday</b>	6:30A –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](http://ymcawichita.org).



<b>EAST GYMNASIUM</b>	
Times listed below are available for recreational gym use.	
<b>Sunday</b>	6:30A –6:00P
<b>Monday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-4:00P
	8:30P-11:00P
<b>Tuesday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-4:00P
	8:30P-11:00P
<b>Wednesday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-4:00P
	8:30P-11:00P
<b>Thursday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-4:00P
	8:30P-11:00P
<b>Friday</b>	4:45A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P-4:00P
	5:30P-9:30P
<b>Saturday</b>	6:30A-8:00P

### FUN FIT - Ages 6-12

Monday-Thursday | 5:00P-8:30P

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! Included in membership.

### 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!



### 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

### PICK-UP BASKETBALL

Pick-up basketball games for those age 18+. See times noted as "Noon Ball".

### INDOOR TRACK

Access to the Y's indoor track (on the third floor) is included in your membership

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

### RACQUETBALL & HANDBALL

Visit the third floor and 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 24 hrs in advance [ymcawichita.org/racquetball](http://ymcawichita.org/racquetball).