

# NORTH YMCA

## Open Gym Schedule

### Effective 9/3/19 - 10/20/19

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. For information on sport leagues and classes, please consult the YMCA Program Guide. For information on group exercise classes, please refer to the Group Exercise schedule found in the literature rack in the lobby. Open gym times are subject to change and schedules for all Greater Wichita YMCA locations are available online at [www.ymcawichita.org](http://www.ymcawichita.org).

| <b>GYM A</b>   |              |
|--|--------------|
| Times listed below are available for recreational gym use. |              |
| <b>Sunday</b>  | 6:30A-8:00P  |
| <b>Monday</b>  | 4:30A-5:00P  |
|  | 9:00P-11:00P |
| <b>Tuesday</b>   | 4:30A-5:00P  |
|  | 9:00P-11:00P |
| <b>Wednesday</b>   | 4:30A-5:00P  |
|  | 9:00P-11:00P |
| <b>Thursday</b>  | 4:30A-5:00P  |
|  | 9:00P-11:00P |
| <b>Friday</b>  | 4:30A-4:30P  |
|  | 5:30P-9:30P  |
| <b>Saturday</b>  | 12:00P-8:00P |

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

| <b>YOUTH &amp; FAMILY GYM</b>                              |              |
|--|--------------|
| Times listed below are available for recreational gym use. |              |
| <b>Sunday</b>  | 6:30A-8:00P  |
| <b>Monday</b>  | 4:30A-5:00P  |
|  | 8:00P-11:00P |
| <b>Tuesday</b>   | 4:30A-6:15P  |
|  | 8:00P-11:00P |
| <b>Wednesday</b>   | 4:30A-4:45P  |
|  | 8:00P-11:00P |
| <b>Thursday</b>  | 4:30A-5:00P  |
|  | 8:00P-11:00P |
| <b>Friday</b>  | 4:30A-10:00P |
| <b>Saturday</b>  | 6:30A-9:30A  |
|  | 3:00P-8:00P  |

**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.

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

**PICK-UP BASKETBALL**

Pick-up basketball games for those age 18+ and take place in the large gym.



**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).

**BE A ROLE MODEL**

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

## **GYM RULES**

- Dunking and/or hanging on basketball goals is not allowed.
- Black-soled shoes are not allowed
- No food or drink is allowed in the gym, except for water and non-breakable container
- Please do not use profanity; we are a family facility
- Please return equipment to the front desk
- Please obey pick-up game rules
  - 1<sup>st</sup> 10 players play
  - Three game maximum team limit on either court
  - New players have first priority over losing team players

## **NOON BALL RULES**

- Players must be age 18 or older; all shots count as 1's; games to 10, win by one.
- If one court only in use, first game ends, next 10 players in (first ones waiting are first in line). If less than 10 then pick numbers for replacements. If 5 or less waiting, loser pick the numbers; if more than 5 waiting, then winners pick the numbers.
- If two courts in use, with 10 playing on each, same rules for one court in use, set forth above, apply to each court.
- New players coming in to the gym shall choose either the East court or West court and they shall play on that court during Noon Ball as long as there are 20 or more players. (If you have to sit out a game on East court, for example, you cannot go to the West court and get in line). The exception is when one court falls below 10 players in which case the players waiting for the other court can change courts at that point.
- Once a court has less than 10 players available, the players from that courts can get in line on the other court and the rules for "One Court Only In Use" apply but these players are "behind" any players waiting on the other court