



# GYM SCHEDULE

## SOUTH YMCA

### Open Gym Schedule

Effective 06/22/2020—09/06/2020

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

COURT 1 Open Gym times listed below:	
Sunday	6:30A-7:00P
Monday	4:30A-9:00P
Tuesday	4:30A-9:00P
Wednesday	4:30A-9:00P
Thursday	4:30A-9:00P
Friday	4:30A-9:00P
Saturday	6:30A-7:00P

COURT 2 Open Gym times listed below:	
Sunday	6:30A-7:00P
Monday	4:30A-9:00P
Tuesday	4:30A-9:00P
Wednesday	4:30A-10:30A
	12:30P-9:00P
Thursday	4:30A-9:00P
Friday	4:30A-9:00P
Saturday	6:30A-7:00P

### 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. Must be 13+ to checkout equipment.

Racquetball courts may be used by any age if accompanied by an adult.

Reserve your court online up to 24hrs in advance [ymcawichita.org/racquetball](http://ymcawichita.org/racquetball). Must be 13+ to reserve a court.

### 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+ take place in the large gym. Shirts must be worn at all times.

### PICKLEBALL

Part tennis, part badminton, part racquetball and part table tennis, pickleball is a racquet sport for ALL ages. Every Wednesday from 10:30A-12:30P.

### BE PART OF A TEAM

Enroll for youth sports like basketball and Volleyball. Register at the welcome center or online at [ymcawichita.org](http://ymcawichita.org).

### BE A ROLE MODEL

Become a volunteer YMCA Coach. Contact Kelli Long at [kelli.long@ymcawichita.org](mailto:kelli.long@ymcawichita.org) for more information.

### 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!

