

NORTH YMCA**Open Gym Schedule****Effective 9/8/20—10/31/20**

Revised 08/14/2020

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 are subject to change and can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk.

CONNECT THROUGH OUR FREE APP

Find FULL SCHEDULES for our locations as well as workouts, rewards, support tools, and much more in our FREE app.
SEARCH FOR "WICHITA YMCA APP"

| GYM A | |
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| Times listed below are available for recreational gym use. | |
| Sunday | 6:30A-7:00P |
| Monday | 4:30A-9:00P |
| Tuesday | 4:30A-5:15P |
| | 8:30P-9:00P |
| Wednesday | 4:30A-4:45P |
| | 6:45P-9:00P |
| Thursday | 4:30A-4:45P |
| | 6:45P-9:00P |
| Friday | 4:30A-9:00P |
| Saturday | 6:30A-7:00P |

| GYM B | |
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| Times listed below are available for recreational gym use. | |
| 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 |

| YOUTH & FAMILY GYM | |
|--|-------------|
| Times listed below are available for recreational gym use. | |
| 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 |

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 are for ages 18+ and take place in the large gym. Shirts must be worn at all times.

INDOOR TRACK

Access to the indoor tracks is included in your membership. Members 13+ may use the track during regular hours of operation. Children under age 13 must be accompanied by an adult and may have restricted access.

RACQUETBALL/HANDBALL

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.

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.

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
 - 1st 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