



GYM SCHEDULE

CENTRAL YMCA

Open Gym Schedule

Effective 01-01-12 to 3-11-12

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.

LARGE GYMNASIUM	
Times listed below are available for recreational gym use.	
Sunday	6:30A –7:00P
Monday	5:00A-11:00A 11:00A-1:00P (Adult) 1:00-4:00P 6:00-9:30P
Tuesday	5:00-11:00A 11:00A-1:00P (Adult) 1:00-4:00P 8:30-9:30P
Wednesday	5:00-10:30A 10:30-11:00A 11:00A-1:00P (Adult) 1:00-4:00P GYM CLOSED 4-9:00P
Thursday	5:00-11:00A 11:00A-1:00P (Adult) 1:00-4:00P
Friday	5:00-11:00A 11:00A-1:00P (Adult) 1:00-4:00P 6:00-9:30P
Saturday	6:30-11:30A 3:00-7:00P

SMALL GYMNASIUM	
Times listed below are available for recreational gym use.	
Sunday	6:30A –7:00P
Monday	5:00A-11:00A 12:15-6:00P 7:00-9:30P
Tuesday	6:30A-12:00P 12:30-5:30P 6:30-9:30P
Wednesday	5:00-11:00A 12:15-5:30P 7:30-9:30P
Thursday	6:30A-12:00P 12:30-6:00P 7:00-9:30P
Friday	5:00A-12:00P 12:30-9:30P
Saturday	6:30-8:00A 9:00-7:00P

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.

Court reservations may be made up to 24-hours in advance by calling 264.9374 or visiting the front desk.

Pick-Up Basketball

Pick-up basketball games for those age 18+ take place in the large gym. See times noted as "Adult."

The Central Y now offers adult sport leagues. Ask for details at the front desk.



Starting January 9

M/W/F—Large gym will be closed afternoons for the free STARS after school program provided to students from low-income schools through the Y's Strong Kids program.

Gym Rentals need to be made 72 hours in advance!