

DOWNTOWN YMCA

Open Gym Schedule

Effective 1/1/19-5/25/19

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

EAST GYMNASIUM	
Times listed below are available for recreational gym use.	
Sunday	6:30A – 4:30P
	7:30P – 8:00P
Monday	4:30A-11:00A
	11:00A-1:30P (Noon Ball)
	1:30P- 4:30P
	8:30P- 11:00P
Tuesday	4:30A – 11:00a
	11:00A – 1:30P (Noon Ball)
	1:30P – 4:30P
	8:30P – 11:00P
Wednesday	4:30A – 9:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 4: 30P
	8:30P – 11:00P
Thursday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 4:30P
	8:30P – 11:00P
Friday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 4:30P
	5:30P – 9:30P
Saturday	6:30A – 8:00P

WEST GYMNASIUM	
Times listed below are available for recreational gym use.	
Sunday	6:30A – 6:00P
Monday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 11:00P
Tuesday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 11:00P
Wednesday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 11:00P
Thursday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 11:00P
Friday	4:30A – 11:00A
	11:00A – 1:30P (Noon Ball)
	1:30P – 9:30P
Saturday	6:30A – 8:00P

FUN FIT – Ages 6-12

Monday - Thursday | 5:00P-8:30P
 Jam-packed with games designed to improve strength, endurance, and flexibility while developing life-long fitness skills! FREE for members!

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 ages 8-12 must be accompanied by an adult and may have limited 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 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.