

# NORTHWEST YMCA

## Open Gym Schedule Effective 5/28/19—9/1/19

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. All schedules can be found on our Y mobile app, [ymcawichita.org](http://ymcawichita.org), and any YMCA membership desk. Open gym times are subject to change and schedules for all Greater Wichita YMCA locations are available online at [ymcawichita.org](http://ymcawichita.org).

### GYM A

Times listed below are available for play recreational gym use.

<b>Sunday</b>	6:30A-8:00P
<b>Monday</b>	4:30A-11:00P
<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

### 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 B

Times listed below are available for play recreational gym use.

<b>Sunday</b>	6:30A-8:00P
<b>Monday</b>	4:30A-9:00A
	11:30A-5:45P
<b>Tuesday</b>	4:30A-9:00AP
	11:30A-11:00P
<b>Wednesday</b>	4:30A-9:00A
	11:30A-11:00P
<b>Thursday</b>	4:30A-9:00A
	11:30A-11:00P
<b>Friday</b>	4:30A-9:00A
	11:30A-9:30P
<b>Saturday</b>	6:30A-8:00P

### GYM C

Times listed below are available for play recreational gym use.

<b>Sunday</b>	6:30A-8:00P
<b>Monday</b>	4:30A-6:00A
	6:00P-11:00P
<b>Tuesday</b>	4:30A-6:00A
	6:00P-11:00P
<b>Wednesday</b>	4:30A-6:00A
	6:00P-11:00P
<b>Thursday</b>	4:30A-6:00A
	6:00P-11:00P
<b>Friday</b>	4:30A-6:00A
	6:00P-9:30P
<b>Saturday</b>	6:30A-8:00P

### 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.

Reserve your court online up to 24hrs in advance [ymcawichita.org/racquetball](http://ymcawichita.org/racquetball).

### 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

### INDOOR TRACK

Access to the Y's indoor tracks is included in your membership.

Those ages 13+ may use tracks during regular hours of operation. Children under age 13 must be accompanied by an adult and may have restricted access during peak usage.

### FUN FIT—

- Join the Y staff in this class where having fun can improve your health. Jam-packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Available at all locations each summer.
- Monday-Friday
- 9-11:00A
- Ages: 6-12
- Location: Gym A

