

EAST 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, 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.

EAST GYMNASIUM—COURT 1 Times listed below are available for recreational gym use.	
Sunday	6:30A–8:00P
Monday	4:30A–6:30A
	6:00P–11:00P
Tuesday	4:30A–6:30A
	6:00P–11:00P
Wednesday	4:30A–6:30A
	6:00P–11:00P
Thursday	4:30A–6:30A
	6:00P–11:00P
Friday	4:30A–6:30A
	6:00P–11:00P
Saturday	6:30A–8:00P

WEST GYMNASIUM—COURT 2 Times listed below are available for recreational gym use.	
Sunday	6:30A–8:00P
Monday	4:30A–9:00A
	11:00A–11:00P
Tuesday	4:30A–9:00A
	11:00A–11:00P
Wednesday	4:30A–9:00A
	11:00A–11:00P
Thursday	4:30A–9:00A
	11:00A–11:00P
Friday	4:30A–9:00A
	11:00A–11:00P
Saturday	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!



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 ages 9-12 must be accompanied by an adult and may have limited access during times of peak usage.

PICK-UP BASKETBALL

Pick-up basketball games for those age 18+ take place in the gym Monday-Friday from 12-2pm.

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

FUN FIT (ages 6-12)

Join 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 in the GYM from 9:00A-11:00A



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.