

ROBERT D. LOVE DOWNTOWN 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 | |
|--|--------------------------|
| Times listed below are available for recreational gym use. | |
| Sunday | 6:30A –8:00P |
| Monday | 4:30A-6:00A |
| | 8:30A-9:00A |
| | 11:00A-1:30P (Noon Ball) |
| | 1:30P-4:00P |
| | 8:30P-11:00P |
| Tuesday | 4:30A-6:00A |
| | 8:30A-9:00A |
| | 11:00A-1:30P (Noon Ball) |
| | 1:30P-4:00P |
| | 8:30P-11:00P |
| Wednesday | 4:30A-9:00A |
| | 8:30A-9:00A |
| | 11:00A-1:30P (Noon Ball) |
| | 1:30P-4:00P |
| | 8:30P-11:00P |
| Thursday | 4:30A-9:00A |
| | 8:30A-9:00A |
| | 11:00A-1:30P (Noon Ball) |
| | 1:30P-4:00P |
| | 8:30P-11:00P |
| Friday | 4:30A-6:00A |
| | 8:30A-9:00A |
| | 11:00A-1:30P (Noon Ball) |
| | 1:30P-4:00P |
| | 6:30p-9:30P |
| Saturday | 6:30A –8:00P |

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

Monday-Thursday | 5P-8:30P

Join Y staff in this class where having fun can improve your health. Packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Available at all locations.

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. Children under age 13 must be accompanied by an adult and may have restricted 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.

CAMP

Camp pick-up/drop-off will be in the East Gymnasium