

EAST YMCA

Open Gym Schedule

Effective 12/22/17-3/4/18

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–5:30P
	7:45P–11:00P
Tuesday	4:30A–5:30pm
	7:45P–11:00P
Wednesday	4:30A–9:00A
	10:30A–5:30P
	7:45P–11:00P
Thursday	4:30A–5:30P
	7:45P–11:00P
Friday	4:30A–9:30P
Saturday	6:30A–7:15A
	5:00P–7:00P

WEST GYMNASIUM	
Times listed below are available for recreational gym use.	
Sunday	6:30A –8:00P
Monday	4:30A–5:30PP
	7:45P–11:00P
Tuesday	4:30A–5:30P
	7:45P–11:00P
Wednesday	4:30A–9:00A
	10:30A–5:30P
	7:45P–11:00P
Thursday	4:30A–5:30P
	7:45P–11:00P
Friday	4:30A–9:30P
Saturday	6:30A–7:15A
	5:00P–7:00P

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.



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.

GYM RULES

- The East YMCA Gym is a shared space with many programs and people of all different ages who utilize the gym; the gym divider will remain down to separate the shared space unless program use calls for the use of the full court
- Dunking and/or hanging on basketball goals is not allowed.
- Black-soled shoes are not allowed
- No food or drink is allowed in the gym, except for water and non-breakable container
- Please do not use profanity; we are a family facility
- Please return equipment to the front desk
- Please obey pick-up game rules
 - 1st 10 players play
 - Three game maximum team limit on either court
 - New players have first priority over losing team players

NOON BALL RULES

- Players must be age 18 or older; all shots count as 1's; games to 10, win by one.
- If one court only in use, first game ends, next 10 players in (first ones waiting are first in line). If less than 10 then pick numbers for replacements. If 5 or less waiting, loser pick the numbers; if more than 5 waiting, then winners pick the numbers.
- If two courts in use, with 10 playing on each, same rules for one court in use, set forth above, apply to each court.
- New players coming in to the gym shall choose either the East court or West court and they shall play on that court during Noon Ball as long as there are 20 or more players. (If you have to sit out a game on East court, for example, you cannot go to the West court and get in line). The exception is when one court falls below 10 players in which case the players waiting for the other court can change courts at that point.
- Once a court has less than 10 players available, the players from that courts can get in line on the other court and the rules for "One Court Only In Use" apply but these players are "behind" any players waiting on the other court



GYM SCHEDULE

EAST YMCA

Open Gym Schedule

Effective 11/13/17-12/21/17

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-3:15P
	7:45P-11:00P
Tuesday	4:30A-3:15P
	7:45P-11:00P
Wednesday	4:30A-9:00A
	10:30A-3:15P
	7:45P-11:00P
Thursday	4:30A-3:15P
	7:45P-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-7:15A
	5:00P-7:00P

WEST GYMNASIUM

Times listed below are available for recreational gym use.

Sunday	6:30A-8:00P
Monday	4:30A-3:15P
	7:45P-11:00P
Tuesday	4:30A-3:15P
	7:45P-11:00P
Wednesday	4:30A-9:00A
	10:30A-3:15P
	7:45P-11:00P
Thursday	4:30A-3:15P
	7:45P-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-7:15A
	5:00P-7:00P

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.



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.

Revised 12/15/17