



# GYM SCHEDULE

## SOUTH YMCA

### Open Gym Schedule

Effective 1/1/18 to 3/17/18

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](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).

<b>PURPLE GYM (GYM 1)</b>	
Times listed below are available for recreational gym use.	
Sunday	6:30A –2:00P
	5:30P –8:00P
Monday	4:30A-5:15P
	8:45P-11:00P
Tuesday	4:30A-5:15P
	8:45P-11:00P
Wednesday	4:30A-5:15P
	8:45P-11:00P
Thursday	4:30A-5:15P
	8:45P-11:00P
Friday	4:30A-5:15P
	8:45P-9:30P
Saturday	6:30A-7:00A
	7:00P-8:00P

<b>GOLD GYM (GYM 2)</b>	
Times listed below are available for recreational gym use.	
Sunday	6:30A –8:00P
Monday	4:30A-11:00P
Tuesday	4:30A-11:00P
Wednesday	4:30A-11:00P
Thursday	4:30A-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-7:00A
	7:00P-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 track is included in your membership.

Those that are 13+ may use the track 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.

**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

**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).

**PICKLEBALL**

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Stop by the front desk to pick up equipment!



### BE PART OF A TEAM

Enroll for youth sports like basketball, soccer, and baseball. Register at the front desk or online at [ymcawichita.org](http://ymcawichita.org).

### BE A ROLE MODEL

Become a volunteer YMCA Coach. Ask ANY Sports Director for details.

## **GYM RULES**

- 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
  - 1<sup>st</sup> 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