



# GYMNASIUM SCHEDULE

# SUMMER 2019 FLUSHING YMCA

SESSION 194 8 WEEKS 7/1/19 - 8/25/19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	5:00-6:50 Teen ½ Court Adult ½ Court Sports	5:00-6:50 Teen ½ Court Adult ½ Court Sports	5:00-6:50 Teen ½ Court Adult ½ Court Sports	5:00-6:50 Teen ½ Court Adult ½ Court Sports	5:00-6:50 Teen ½ Court Adult ½ Court Sports	YMCA OPENS AT 7AM	
6AM						7:00-8:20 Adult Open Court Basketball	
7AM	7:00-9:35 Summer Camp	7:00-9:35 Summer Camp	7:00-9:35 Summer Camp	7:00-9:35 Summer Camp	7:00-9:35 Summer Camp		
8AM						8:30-11:00 Family ½ Open Court Basketball	7:00-12:50 Adult Open Court Basketball
9AM							
10AM	10:00-10:50 Silver Sneakers	10:00-10:50 Silver Sneakers	10:00-10:50 Silver Sneakers	10:00-10:50 Silver Sneakers	10:00-10:50 Silver Sneakers		
11AM			11:00-11:50 Int. Tai Chi			11:00-11:50 Family Open Court Volley/Basketball	
12PM						12:00-12:50 \$\$ Youth Soccer	
1PM	11:00-5:00 Summer Camp	11:00-5:00 Summer Camp		11:00-5:00 Summer Camp	11:00-5:00 Summer Camp	1:00-1:50 \$\$ Youth Soccer	1:00-2:50 Family Open Court Basketball
2PM			12:00-5:00 Summer Camp			2:00-2:50 \$\$ Youth Basketball	
3PM						3:00-3:50 \$\$ Youth Basketball	3:00-4:50 Teen Open Court Basketball
4PM						4:00-4:50 \$\$ Youth Basketball	
5PM							
6PM	5:30-6:20 Teen Open Court	5:30-6:20 Teen Open Court	5:30-6:20 Teen Open Court	5:30-7:30 Teen ½ Open Court Basketball	5:30-7:30 Teen ½ Open Court Basketball	5:00-8:00 Adult Open Court Basketball	5:00-8:00 Adult Open Court Basketball
7PM	6:30-7:20 Zumba	6:30-7:20 Zumba	6:30-7:20 Zumba				
8PM	7:30-10:30 Adult Full Court Basketball	7:30-10:30 Adult Full Court Basketball	7:30-10:30 Adult Full Court Basketball	7:30-9:00 Adult ½ Open Court Basketball	7:30-9:00 Adult ½ Open Court Basketball	YMCA CLOSSES AT 8:00PM	
9PM				9:00-10:30 Adult Full Court Basketball	9:00-10:30 Adult Full Court Basketball		
10PM							

YMCA CLOSSES AT 10:30PM

### REMINDERS

Schedule is subject to change without notice. Youth under 12 years must be accompanied by a parent or guardian. No food, no drinks, except for water and sports drinks. Throw out trash. Belongings must be kept in lockers and not on the floor. No sitting on carpets. Do not distract others when class is in session. Do not reserve spaces. Arrive on time. Have Fun.

### LEGEND

	Class In Session. Feel Free To Join.
\$\$	Class In Session. Registration Required.
	Summer Camp in Session. Court Closed.
	Court Closed. 11:00am - 5:00pm
	Court Closed. 7:30am - 5:30pm

### JULY COURT CLOSURES

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

### AUGUST COURT CLOSURES

### COURT EVENTS

6/11/2019	11:00am - 4:00pm	Mets on the Move
8/18/2019	9:30am - 3:30pm	NY Blood Center Drive



# GYMNASIUM RULES

## Food & Drink

No food and drinks allowed in the Court.

- Please eat in the Cafeteria Area on the 1st Floor.
- Only water is allowed in the Court.

## Cleanliness

Do your best to keep the area clean.

- Throw out all trash, bottles, & wipes.
- Do not forget to throw items away.
- It is a shared space. Keep it clean.

## Carpets

Do not tamper with the Carpets & Rugs.

- No sitting on the Carpets.
- Do not clean shoes on the Carpets.
- Keep the Carpets clean & free of trash.
- No storing belongings by the Carpets.

## Windows

Windows should be closed while the AC is on.

- Do not open the windows. Keep them closed.

## Equipment

Refrain from damaging equipment.

- No dunking.
- No hanging on to the rim nor hoop.
- Do not bang nor hit the windows.

## Personal Belongings and Miscellaneous Objects

No belongings/objects are allowed in the court.

- No bags, jackets, shoes, phones on the floor.
- All changing must be done within the Locker Room.
- All personal belongings should be stored in a locker with a lock.
- No chairs nor miscellaneous objects on Court except for Classes.

## Safety of Members & Guests

Be careful of members & guests passing through the Court.

- Curtain should always be pulled closed.
- Do not run into or push on Curtain.

## Sportsmanship & Conduct

Maintain good Sportsmanship, follow Rules & Code of Conduct.

- Please no profanity.
- Those with poor sportsmanship, violating Rules or Code of Conduct will forfeit their use of the facility.

## Proper Gear & Attire

Proper dress and attire required.

- Members should have proper clothing on at all times.
- Sneakers a must. No flip flops, boots, sandals, dress shoes, boat shoes, socks, nor bare feet.