



GYMNASIUM SCHEDULE

FALL 2019 FLUSHING YMCA

SESSION 196 8 WEEKS 10/28/19-12/22/19

as of 10.04

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

Schedule subject to change

AGES
Family: Groups of families of all ages will have priority in the Gymnasium. Other age groups welcome if space safely permits.
Teen: Teens, ages 12-17, have priority in the Court. Other age groups welcome if space safely permits.
Adult: Adults, ages 18+, have priority in the Court. Teens welcome if space safely permits.

LEGEND
Class In Session. Feel Free To Join.
\$\$ Class In Session. Registration Required.
8 Court Closed for Blood Drive 7:30am-5:30pm

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

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

COURT USAGE
½ Open Court: Half Court usage only. Please share the space.
Open Court: Please share Court space. No Full Court games.
Full Court: Full Court games have priority.



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.

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.