



GYM SCHEDULE

JAN 2 - FEB 25, 2024

		5:00 - 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
MONDAY	Court 1	OPEN GYM			SILVERSNEAKER CLASSIC			OPEN GYM										YOUTH BASKETBALL			OPEN GYM						
	Court 2	OPEN GYM			PRE SCHOOL	KIDS CLUB	OPEN GYM										PRE SCHOOL	TYKES	BASE	YOUTH BASKETBALL			OPEN GYM				
	Court 3	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										ADULT OPEN RUN BASKETBALL			OPEN GYM				
	Court 4	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										ADULT OPEN RUN BASKETBALL			OPEN GYM				
TUESDAY	Court 1	OPEN GYM			SILVERSNEAKER CLASSIC			OPEN GYM										YOUTH BASKETBALL LEAGUE			OPEN GYM						
	Court 2	OPEN GYM			TYKES	PRE SCHOOL	KIDS CLUB	OPEN GYM										PRE SCHOOL	TYKES	BASE	YOUTH BASKETBALL LEAGUE			OPEN GYM			
	Court 3	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										OPEN VOLLEYBALL			OPEN GYM				
	Court 4	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										OPEN VOLLEYBALL			OPEN GYM				
WEDNESDAY	Court 1	OPEN GYM			SILVERSNEAKER CLASSIC			EASTER SEALS		OPEN GYM										CARDIO ADLT BOXING	SPECIAL OLYMPICS		OPEN GYM				
	Court 2	OPEN GYM			TYKES	PRE SCHOOL	KIDS CLUB	SILVERSNEAKER CLASSIC			EASTER SEALS		OPEN GYM										PRE SCHOOL	TYKES	BASE	CARDIO ADLT BOXING	SPECIAL OLYMPICS
	Court 3	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			INTRO TO PICKLEBALL		OPEN GYM										SUPER ALL STARS			SPECIAL OLYMPICS		
	Court 4	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			INTRO TO PICKLEBALL		OPEN GYM										SUPER ALL STARS			SPECIAL OLYMPICS		
THURSDAY	Court 1	OPEN GYM			SILVERSNEAKER CLASSIC			OPEN GYM										YTH INDOOR SOCCER			OPEN GYM						
	Court 2	OPEN GYM			TYKES	PRE SCHOOL	HOMESCHOOL PE	OPEN GYM										PRE SCHOOL	TYKES	BASE	YTH INDOOR SOCCER			OPEN GYM			
	Court 3	OPEN GYM			OPEN PICKLE BALL			OPEN GYM										YTH VOLLEYBALL			OPEN PICKLE BALL						
	Court 4	OPEN GYM			OPEN PICKLE BALL			OPEN GYM										YTH VOLLEYBALL			OPEN PICKLE BALL						
FRIDAY	Court 1	OPEN GYM			SILVERSNEAKER CLASSIC			OPEN GYM										YOUTH BASKETBALL			OPEN GYM						
	Court 2	OPEN GYM			TYKES	PRE SCHOOL	KIDS CLUB	SILVERSNEAKER CLASSIC			OPEN GYM										PRE SCHOOL	TYKES	BASE	KIDS CLUB	OPEN GYM		
	Court 3	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										YOUTH BASKETBALL			OPEN GYM				
	Court 4	OPEN GYM			EASTER SEALS		OPEN PICKLE BALL			OPEN GYM										YOUTH BASKETBALL			OPEN GYM				
SATURDAY	Court 1	OPEN GYM			OPEN GYM										YTH BASKETBALL LEAGUE			OPEN GYM									
	Court 2	OPEN GYM			OPEN GYM										YTH BASKETBALL LEAGUE			OPEN GYM									
	Court 3	OPEN GYM			OPEN GYM										YTH BASKETBALL LEAGUE			OPEN GYM									
	Court 4	OPEN GYM			OPEN GYM										YTH BASKETBALL LEAGUE			OPEN GYM									
SUNDAY	Court 1	OPEN GYM			OPEN GYM										OPEN SOCCER			OPEN GYM									
	Court 2	OPEN GYM			OPEN GYM										OPEN SOCCER			OPEN GYM									
	Court 3	OPEN GYM			OPEN PICKLEBALL			OPEN GYM										OPEN SOCCER			OPEN GYM						
	Court 4	OPEN GYM			OPEN PICKLEBALL			OPEN GYM										OPEN SOCCER			OPEN GYM						

OPEN GYM
Open Gym Basketball is designed for free shoot around, or pickup games with close friends. Participants are required to bring their own ball.

GROUP FITNESS
These are all free drop-in classes and first come first served, registration is not required.

US BANK FIELD HOUSE RULES:

- No dunking or hanging on rims
- RESPECT OTHERS! Foul language, fighting, rough play or trash talking WILL NOT be tolerated
- No Spitting
- No Horseplay
- Shirts must be worn at all times
- Clean, dry, non-marking athletic shoes only

• Coats, bags etc. should be kept in the locker room areas. Please remember to lock up your belongings and the YMCA is not responsible for lost or stolen items.

• Failure to follow rules will result in being asked to leave gym / possible loss of gym privileges

WATER ONLY!
NO OTHER FOOD
OR DRINK IN THE
GYM

- * SPECIAL OLYMPICS: WEDNESDAYS 6:30-7:30PM COURTS 1 & 2
- * FREE PICKLEBALL CLINIC: TUES FEB 20 5-6PM COURT 3 & 4
- * PICKLEBALL TOURNAMENT: SUN JAN 21 2-4PM FULL GYM

1/18/2024

*Gym schedule subject to change due to Fitness , Sports Classes and Events.