



GYM SCHEDULE

Subject to Change

SPRING

Updated 3/20/24

MON	TUES	WED	THURS	FRI	SAT
5:00-7:45a OPEN GYM	5:00-6:45a GROUP EXERCISE	5:00-7:45a OPEN GYM	5:00-6:45a GROUP EXERCISE	5:00-7:45a OPEN GYM	
7:45-11:30a GROUP EXERCISE	6:45-11:30a OPEN GYM	7:45-11:30a GROUP EXERCISE	6:45-9:00a OPEN GYM	7:45-11:30a GROUP EXERCISE	7:00-11:00a OPEN GYM
11:30a-1:30p ADULT (18+) BASKETBALL	11:30a-1:30p ADULT (18+) BASKETBALL	11:30a-1:30p RENTAL GROUP	9:00-11:30a PICKLEBALL	11:30a-2:00p ADULT (18+) BASKETBALL	11:00a-3:00p BIRTHDAY PARTIES
1:30-5:15p OPEN GYM	1:30-5:15p OPEN GYM	1:30-4:15p OPEN GYM	1:30-5:15p OPEN GYM	2:00-3:00p RENTAL GROUP	
5:15-6:45p GROUP EXERCISE	5:15-6:45p GROUP EXERCISE	4:15-6:45p GROUP EXERCISE	5:15-6:45p GROUP EXERCISE	4:00-5:30p TEEN OPEN GYM	3:00-4:45p OPEN GYM
6:45-9:45p BASKETBALL	6:45-9:45p VOLLEYBALL	6:45-9:45p BASKETBALL	6:45-9:45p VOLLEYBALL	5:30-7:00p PICKLEBALL	
				7:00-8:45p OPEN GYM	

Facility Closes at 5pm

Facility Closes at 9pm

Facility Closes at 10pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The values of caring, honesty, respect, and responsibility must be reflected in all interactions.

All participants must wear their shirt and midribs must be covered at all times while in the facility.

During OPEN GYM when there is demand for multiple activities, majority usually rules. However, members may choose to modify their activities to occupy less than the full gym and accommodate the desires of others.

When the gym is not being used for its scheduled purpose, others may use the gym, but must leave once members arrive for the scheduled purpose.

11 - 15 year olds may participate in adult programs under the direct and constant supervision of an adult family member (18 or older), with the exception of Adult Basketball.

Uplift graduates may participate in adult programs without adult supervision.

For a copy of the current Group Exercise schedule, please see Membership Services or visit www.wenymca.org.

BASKETBALL HOUSE RULES

A team may not play more than two consecutive games if others are waiting to play. When others are waiting, the game will be played until seven baskets are scored by either team. The winning team will play the next team consisting of the five players on the waiting list. If less than five names are on the waiting list, the losing team members will shoot for the remaining spots. Any disputed call that cannot be resolved will result in a jump ball with alternating possession.

Non-compliance with the Wenatchee Valley YMCA gym policies may result in temporary or permanent removal from the program area.

The house basketball can only be checked out at Membership Services by YMCA members.

WENATCHEE VALLEY YMCA GYM POLICIES

To protect the gym floor finish, participants are asked to wear clean, non-marking shoes.

For the safety of both children and adults, children are not permitted in the gym during adult programs.

Foul or abusive language is not appropriate. Participants should feel free to ask individuals using such language to stop. YMCA staff are authorized to suspend membership privileges of such individuals.

Fighting or physical violence is not tolerated. Please report any incidents to a YMCA staff member for intervention.

For the health of participants, the presence of blood requires all activities to stop. Contact a YMCA staff person for appropriate first aid and clean up.

Members may bring their own music device to play music in the gym/racquetball courts with the following guidelines: Music must be Y appropriate lyrics and volume level.

Thank you for your cooperation