

GYMNASIUM SCHEDULE

FOX VALLEY FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM	6:00A-8:30P	5:00A-5:30P 6:40-8:30P	6:00A-5:30P 6:40-8:30P	5-9:00A 11A-6:00P	6:00A-7:30P	6-7:45A 11:30A-3:30P	10A-1:30P
YOUTH LEAGUES							
PICKLEBALL		9-11:00A		9-11:00A			
BOOTCAMP	5-6:00A		5-6:00A		5-6:00A		
ADULT VOLLEYBALL LEAGUE				6:00P			

SCHEDULE SUBJECT TO CHANGE. THE GYM MAY CLOSE AT ANY TIME DUE TO RENTALS, PROGRAMMING NEEDS AND SPECIAL EVENTS.

NO FOOD ALLOWED IN THE GYM. ADDITIONAL RULES ARE POSTED ON THE BACKSIDE OF THIS SCHEDULE AND IN THE GYMNASIUM.

OPEN GYM

Enjoy a game of pickup basketball or free play with family and friends. All members are welcome to use the gym on a first-come, first-serve. After 4:00 pm, members will only be allowed use of the gymnasium.

PICKLEBALL

Open Pickleball play.
This league is free for members.
Nonmembers may pay a fee to participate.

BOOTCAMP

Bootcamp is a Group-Ex class held by a certified instructor. These classes are free for members. Classes are for participants 13+.

YOUTH LEAGUES

Scan the QR code to view the Y's Youth Sports Leagues



ADULT VOLLEYBALL LEAGUE

Scan the QR code to view the Y's Adult Volleyball League



SPECIAL EVENTS

April 14
Healthy Kids Day

GYMNASIUM RULES

- Water only, no food or other beverages allowed in the gymnasium.
- No outside music. Audible devices are limited to personal use with headphones.
- Shoes and shirts must be worn at all times.
- Not responsible for lost or stolen items/please use lockers in the locker room.
- Properly discard all trash in designated receptacles.
- Children under 12 must be accompanied by an adult in the gymnasium at all times.
- No full-court games.
- Private lessons, practices, clinics, etc. are not allowed without a rental agreement or prior approval.
- Misuse of equipment is prohibited.
- Must be a member after 4:00 pm to use the basketball gymnasium.
- Members who abuse their membership privileges, including but not limited to aiding in nonmember usage, will be put on probation.
- Swearing, fighting and other obscenities are strictly prohibited. Players may be dismissed immediately.
- Failure to follow posted rules and the Y's code of conduct is grounds for dismissal.
- Report any concerns or issues to the front desk immediately.
- The basketball gymnasium closes ½ hour before the building closes.
- Please sign up for Y GameTime for gym closures and updated schedule information.

**SCAN to
SIGN-UP
for
Y GAMETIME**

