



COPPLE FAMILY YMCA

OPEN GYMNASIUM HOURS BEGINNING SEPTEMBER 12

YMCA Gym # 1

| | | |
|------------------|--------------------|--------------------------|
| Sunday | 8:00 am - 6:00 pm | Open Gym |
| Monday | 5:00 am - 11:00am | Open Gym |
| | 11a - Noon | Open Gym/HomeSchool Gym* |
| | Noon - 4:15pm | Open Gym |
| | 4:15 pm - 8:00 pm | Open Gym/Gymnastics* |
| | 8:00 pm - 9:00 pm | Open Gym |
| Tuesday | 5:00 am - 8:00 am | Open Gym |
| | 8:00 am - 9:30 am | Open Gym/Pickleball |
| | 9:30 am - 9:00 pm | Open Gym |
| Wednesday | 5:00 am - 11:00am | Open Gym |
| | 11a - Noon | Open Gym/HomeSchool Gym* |
| | Noon - 7:00pm | Open Gym |
| | 7:00 pm - 9:00 pm | Volleyball |
| Thursday | 5:00 am - 8:00 am | Open Gym |
| | 8:00 am - 9:30 am | Open Gym/Pickleball |
| | 9:30 am - 9:00 pm | Open Gym |
| Friday | 5:00 am - 8:30am | Open Gym |
| | 8:30 am - 10:00 am | Pickleball Lessons* |
| | 10:30 am - 9:00 pm | Open Gym |
| Saturday | 7:00 am - 8:15 am | Open Gym |
| | 8:15 am—11:45 am | Open Gym/Gymnastics* |
| | 11:45 am—6:00 pm | Open Gym |

Gym #2 (East Gym)

| | | |
|------------------------------|-------------------|----------------------------|
| Sunday | 8:00 am - 6:00 pm | Open Gym |
| Monday through Friday | 5:00 am - 7:00 am | Open Gym |
| | 7:00 am - 5:30 pm | Closed for school use only |
| | 5:30 pm - 9:00 pm | Open Gym |
| Saturday | 7:00 am - 6:00 pm | Open Gym |

YMCA Youth Sports clinics may be scheduled in East Gym periodically. Please watch for signs indicating when the gym will be closed.

Gym #3 (Big Gym)

| | | |
|------------------------|-------------------|----------------------------|
| Sunday | 8:00 am - 6:00 pm | Open Gym |
| Monday - Friday | 5:00 am - 7:00 am | Open Gym |
| | 7:00 am—4:30 pm | Closed for school use only |
| | 4:30 pm—9:00 pm | Open Gym |
| Saturday | 7:00 am - 6:00 pm | Open Gym |

September 17- Gym #2 and #3 will be closed from 7:00 AM -12:00 PM to host Moore Middle School Volleyball games.

WHAT DOES IT MEAN ON THE SCHEDULE?

SHARING SPACE

There will be times gyms will not be available due to school functions and activities. We will post signage on the gym doors prior to the events to notify members.

1/2 COURT TIMES

When scheduled is marked 1/2 the gym is available for Open Gym, other 1/2 is for designated program, the divider will be down.

TEAM PRACTICES

Team practices of any kind are NOT allowed at the Copple Family Y. Youth Sports teams need to contact the Youth Sports office for times and locations.

* ASTERISK

A fee based class, to register please stop by the Front Desk.

VOLLEYBALL NET & PICKLEBALL

Based on timing and capacity in the gyms, the nets can be up by request.

WHAT TO BRING

GYM EQUIPMENT Limited basketballs will be available in the gyms.

TOWELS The Y will not have towels available.

WATER BOTTLES Please bring your own refillable water bottle

MEMBER TRAFFIC FLOW

Don't use the gym if you feel ill.

The Y reserves the right to limit group size.

Children under the age of 9 MUST be accompanied by an adult and not left unattended in the facility.

No portable speakers are allowed, only your headphones.

Shoes and shirts are required at all times.

Be courteous and respectful of others as you share the gym space.