



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BASKETBALL GYM SCHEDULE

COOPER STREET YMCA FAMILY CENTER

EFFECTIVE September 1, 2018

## MONDAY

Time	Activity	Location
8:00am	Silver Sneaker Classic	North Only
9:35am	Silver Sneaker Yoga	North & South
10:30am	Enhance Fitness	North Only
3:15-4:15pm	North Star	North & South
4:50pm	Kids Fitness Class	South Only
6:00pm	Dance Fusion	North Only

### OPEN GYM HOURS

5:00am - 8:00am	Open Gym	North & South
8:00am-9:15am	Open Gym	South Only
10:45am-3:00pm	Open Gym	South Only

## WEDNESDAY

Time	Activity	Location
6:00am	Adult Men's Pickup BBall	North & South
7:45am	Boot Camp	North & South
9:35am	Silver Sneaker Cardio	North Only
10:30am	Enhance Fitness	North Only
3:15-4:15pm	North Star	North & South
4:50pm	Kids Fitness Class	South Only
6:45pm	BodyMixx Class	North & South

### OPEN GYM HOURS

5:00am - 6:00am	Open Gym	North & South
12:00pm-3:00pm	Open Gym	North & South
4:15pm-6:45pm	Open Gym	North & South

## FRIDAY

Time	Activity	Location
7:00am	Adult Men's Pickup BBall	North & South
9:35am	Silver Sneaker Yoga	North & South
10:45am	Enhance Fitness	North Only

### OPEN GYM HOURS

5:00am - 7:00am	Open Gym	North & South
12:00pm - 8:00pm	Open Gym	North Only

## FACILITY HOURS

Monday-Thursday	5:00am-10:00pm
Friday	5:00am-8:00pm
Saturday	7:00am-6:00pm
Sunday	12:00pm-6:00pm

## TUESDAY

Time	Activity	Location
8:00am	Silver Sneaker Classic	North Only
9:35am	Silver Sneaker Cardio	North Only
3:15-4:15pm	North Star	North & South
4:50-5:50pm	Kids Fitness Class	South Only
6:45pm	Zumba	North Only

### OPEN GYM HOURS

5:00am - 8:00am	Open Gym	North & South
8:00am - 9:15am	Open Gym	South Only
11:00am-3:15pm	Open Gym	North & South
4:15pm - 4:50pm	Open Gym	South Only
5:50pm-9:45pm	Open Gym	South Only

## Thursday

Time	Activity	Location
8:00am	Silver Sneaker Classic	North Only
9:35am	Silver Sneaker Cardio	North Only
10:35am	Zumba	North Only
3:15-4:15pm	North Star	North & South
4:50-5:50pm	Kids Fitness Class	South Only

### OPEN GYM HOURS

5:00am - 8:00am	Open Gym	North & South
8:00am-3:00pm	Open Gym	South Only
12:00pm-3:00pm	Open Gym	North & South
4:15pm-4:50pm	Open Gym	North & South

## SATURDAY

### OPEN GYM HOURS

7:00am - 5:45pm	Open Gym	North & South
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## SUNDAY

Time	Activity	Location
2:15pm	Adult Volleyball	North & South

### OPEN GYM HOURS

12:00pm - 2:15pm	Volleyball Open Gym*	North & South
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\*Sundays are reserved for open volleyball and adult volleyball.

## COOPER STREET YMCA FAMILY CENTER

7120 South Cooper Street, Arlington, TX 76001

P 817-419-9629

www.amaymca.org

## GYM RULES

1. Children under 7 years of age must be accompanied by and adult.
2. No food or drinks allowed in the gym.
3. Proper attire must be worn at all times.
4. Shoes must be worn at all times. Only court shoes permitted.
5. All Tobacco products and chewing gum is prohibited.
6. Inappropriate language will not be tolerated.
7. Dunking or hanging from the rim is not permitted.
8. Please return basketballs to the Welcome Center.
9. Fighting will result in dismissal and suspension of YMCA membership.
10. Failure to follow rules or misuse/abuse of the facility will result in immediate dismissal from the YMCA facility.

## Pick Up Basketball Rules

1. Write your name on the sign-in sheet to reserve your spot.
2. Games play 15 (by ones, win by 1) when 4 players or less are on the sign-in sheet.
3. Play 12 if 5 or more are waiting.
4. There is a 2 game MAX, then winning team must rotate out.
5. Stacking of Teams is not allowed.
6. Unsportsmanlike conduct will not be tolerated.
7. Players must abide by YMCA gym rules.