



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

BASKETBALL GYM SCHEDULE

Effective August 21, 2019

MONDAY

Time	Activity	Location
8:00am	Silver Sneaker Classic	Half gym
9:30am	Big Kids Gym	Half gym
9:35am	Silver Sneaker Yoga	Half gym
10:30am	Enhance Fitness	Half gym
4:50pm	Kids Fitness Class	Half gym
6:00pm	Dance Fusion	Half gym

OPEN GYM HOURS

5:00am - 8:00am	Open Gym	Full gym
8:00am- 9:15am	Open Gym	Half gym
12:45am-3:15pm	Open Gym	Full gym
4:15pm- 7:00pm	Open Gym	Half gym

WEDNESDAY

Time	Activity	Location
6:00am	Adult Men's Pickup BBall	Full gym
7:45am	Boot Camp	Full gym
9:30am	Big Kids Gym	Half gym
9:35am	Silver Sneaker Cardio	Half gym
10:30am	Enhance Fitness	Half gym
4:50pm	Kids Fitness Class	Half gym

OPEN GYM HOURS

5:00am - 6:00am	Open Gym	Full gym
11:45am- 12:45pm	Open Gym	Half gym
12:45pm- 3:15pm	Open Gym	Full gym
4:15pm- 6:00pm	Open Gym	Half gym
6:00pm - 9:45pm	Open Gym	Full gym

FRIDAY

Time	Activity	Location
7:00am	Adult Men's Pickup BBall	Full gym
9:35am	Silver Sneaker Yoga	Full gym
10:45am	Enhance Fitness	Half gym
10:45am	Big Kids Gym	Half Gym
5:00-9:00pm	Basketball Practice	Half Gym

OPEN GYM HOURS

5:00am - 7:00am	Open Gym	Full gym
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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	Half gym
9:30am	Big Kids Gym	Half gym
9:35am	Silver Sneaker Cardio	Half gym
4:50pm	Kids Fitness Class	Half gym
6:45pm	Zumba	Half gym

OPEN GYM HOURS

5:00am - 8:00am	Open Gym	Full gym
8:00am - 9:15am	Open Gym	Half gym
12:45pm- 3:15pm	Open Gym	Full gym
4:15pm - 6:30pm	Open Gym	Half gym
7:45pm- 9:45pm	Open Gym	Full gym

Thursday

Time	Activity	Location
8:00am	Silver Sneaker Classic	Half gym
9:30am	Big Kids Gym	Half gym
9:35am	Silver Sneaker Cardio	Half gym
10:35am	Zumba	Half gym
4:50pm	Kids Fitness Class	Half gym
5:30-8:30pm	Basketball Practice	Half gym

OPEN GYM HOURS

5:00am - 8:00am	Open Gym	Full gym
12:45pm- 3:15pm	Open Gym	Full gym
4:50pm-5:30pm	Open Gym	Half gym

SATURDAY

Time	Activity	Location
12:15pm-4:30pm	Open Gym	Full gym

OPEN GYM HOURS

SUNDAY

Time	Activity	Location
3:00pm	Adult Volleyball	Full Gym
12:00pm - 2:00pm	Open Gym	Full Gym
2:00pm-3:00pm	Open Volleyball	Full Gym

OPEN GYM HOURS

COOPER STREET YMCA

7120 South Cooper Street, Arlington, TX 76001

GYM RULES

1. Children under 7 years of age must be accompanied by an 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.