



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW GYMNASIUM SCHEDULE /SUMMER 2017

## BELL ROAD FAMILY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Schedule Begins May 29, 2017 and is subject to change</b>	4:45am-8:30am Open Gym	4:45am-8:30am Open Gym	4:45am-8:30am Open Gym	4:45am-9:30am Open Gym	4:45am-8:30am Open Gym	7:00am-4:45pm Open Gym	1:00pm-4:45pm Open Gym
	8:30am-9:30am Sr. Aerobics		8:30am-9:30am Sr. Aerobics		8:30am-9:30am Sr. Aerobics		
	9:30am-1:00pm Kids Summer Program	9:30am-1:00pm Kids Summer Program	9:30am-1:00pm Kids Summer Program	9:30am-1:00pm Kids Summer Program	9:30am-1:00pm Kids Summer Program		
<b>Youth Pickup Basketball will be from age 12-16 (Court A/B)</b>	1:00pm-6:00pm Youth Pick-up	1:00pm-6:00pm Youth Pick-up	1:00pm-5:30pm Youth Pick-up	1:00pm-6:00pm Youth Pick-up	1:00pm-6:00pm Youth Pick-up		
<b>Teens/Adults Pickup Basketball</b>	6:00pm-8:45pm Pickup Only Court A/B	6:00pm-8:45pm Pickup Only Court B	6:30 p-8:45p Pickup Only Court A /B	6:00 p-8:45 p Pickup Only Court A/B	6:00 p-8:45 p Pickup Only Court A/B		
<b>Teens/Adults Pickup Volleyball</b>					5:00 p-8:45p Volleyball Court A		

### GYM RULES

- NO DUNKING
- No Inappropriate Language, No Fighting, etc.
- No FOOD or Drinks-WATER ONLY
- Athletic Shoes ONLY on Court, No Flip-Flops, Sandals, or Bare Feet
- Shorts/Pants Must Cover Your Underwear at ALL Time
- Gym Use is for Members Only
- Appropriate Dress Required Always

### Bell Road Family Y

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