



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GYM SCHEDULE

## FERNDALE ACTIVITY CENTER

Effective: January 2, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 9:30 Open Gym	6:00 - 9:30 Open Gym	6:00 - 9:30 Open Gym	6:00 - 9:30 Open Gym	6:00 - 5:30 Open Gym
<b>9:40 - 10:40 Cardio Interval</b>	<b>9:35 - 10:45 Muscle Building Essentials</b>	<b>9:35 - 10:45 Cardio Interval</b>	<b>9:35 - 10:45 Muscle Building Essentials</b>	
10:45 - 4:30 Open Gym	10:45 - 6:30 Open Gym	10:45 - 4:30 Open Gym	10:45 - 5:30 Open Gym	
<b>4:30 - 7:00 Youth Basketball League 1/9 - 2/13</b>		<b>4:30 - 7:30 Youth Basketball League 1/11 - 2/15</b>	<b>5:30 - 6:15 Sports Circuit</b>	<b>5:30 - 7:00 Futsal See desk for schedule</b>
<b>7:00 - 9:45 Drop-in Volleyball</b>	<b>6:30 - 8:00 Taekwon-do 9/6 - 12/27</b>	<b>7:30 - 9:00 Cycle Circuit</b>	<b>6:30 - 8:00 Taekwon-do 9/1 - 12/29</b>	<b>6:30 - 8:00 Dodgeball See desk for schedule</b>
	8:00 - 9:45 Open Gym	9:00 - 9:45 Open Gym	8:00 - 9:45 Open Gym	8:00 - 9:45 Open Gym

SATURDAY	SUNDAY
7:00 - 9:45 Open Gym	
<b>9:45 - 2:00 Youth Basketball League 1/7 - 2/18</b>	
	1:00 - 4:00 Open Gym
2:00 - 5:00 Open Gym	

Open gym may be canceled without prior notice if YMCA programming dictates.  
Any unsportsmenlike conduct in language or action is subject to loss of membership privileges.

# GYMNASIUM GUIDELINES

Gym guidelines are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area.

Unsportsmanlike behavior and foul language will not be tolerated and is subject to loss of membership privileges or termination of league participation.

Sports equipment is available at the service desk. Please return equipment to the desk.

Food, snacks and gum is not permitted in the gymnasium.

Please put used sweat towels in the towel receptacle and trash in the trash can.

## DESCRIPTIONS OF GYM TIME

### **Open Gym:**

No full court games allowed. Members and guests participate as individuals or in small groups. Open gym may be cancelled without prior notice if YMCA programming dictates.

### **Drop-in Basketball, Volleyball & Pickleball:**

Full court games for members and guests to join in. All skills levels are welcomed. Not all games are available at all Whatcom Family YMCA locations.

### **Reserved Pickleball:**

A small group of players reserving gym time for pickleball. To reserve a court time contact the P.E. Director.

### **YMCA Sports Programs:**

The gym is closed during YMCA sports programs. These programs are shaded on the gym schedule. Participants must be registered for the program in order to participate.

### **Whatcom Family YMCA Ferndale Activity Center**

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