



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

# GYM SCHEDULE

## LYNDEN ACTIVITY CENTER

Effective: January 2, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 9:45 Open Gym	5:30 - 3:45 Open Gym	5:30 - 9:45 Open Gym	5:30 - 3:45 Open Gym	5:30 - 9:30 Open Gym		
9:45 - 10:45 <b>SilverSneakers® MSROM</b>		9:45 - 10:45 <b>SilverSneakers® MSROM</b>		9:30 - 11:00 <b>Zumba Gold</b>	8:00 - 6:00 <b>Youth Basketball League 1/7 - 2/18</b>	
10:45 - 3:45 Open Gym		10:45 - 3:45 Open Gym		11:00 - 1:00 Open Gym		
				1:00 - 3:00 <b>Homeschool PE Rental</b>		1:00 - 4:00 Open Gym
3:45 - 7:00 <b>Youth Basketball League 1/9 - 2/13</b>	3:45 - 8:00 <b>Youth Basketball League 1/10 - 2/14</b>	3:45 - 6:00 <b>Youth Basketball League 1/11 - 2/15</b>	3:45 - 8:00 <b>Youth Basketball League 1/12 - 2/16</b>	3:45 - 8:00 <b>Youth Basketball League 1/13 - 2/17</b>		
		6:00 - 6:45 <b>Lil Dragon 1/4 - 2/22</b>				
7:00 - 8:30 <b>Karate 1/9 - 2/27</b>		7:00 - 8:30 <b>Karate 1/4 - 2/29</b>				
8:30 - 9:30 Open Gym	8:00 - 9:30 Open Gym	8:30 - 9:30 Open Gym	8:00 - 9:30 Open Gym	8:00 - 9:30 Open Gym		

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

# 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 Lynden Activity Center**

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360 354 5000 [www.whatcomymca.org](http://www.whatcomymca.org)