|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **5-9:00AM**  **OPEN GYM** | **5-9:00AM**  **OPEN GYM** | **5-9:00AM**  **OPEN GYM** | **5-9:00AM**  **OPEN GYM** | **5-9:00AM**  **OPEN GYM** |  |  |
| **9:15-10AM**  **Power Flow** | **9:30-10:15AM**  **New U** | **9:15-10AM**  **ALL OUT!** | **8-10:30AM**  **Pickle Ball** | **9:15-10AM**  **Tabata & Core** | **8:12PM**  **Youth & Teen open gym** | **8-12:00PM**  **Open Gym** |
| **10:15-11:15AM**  **Zumba** |  | **10:15-11:15AM**  **Zumba** |  | **10:15-11AM**  **Line Dancing** | **12-2:00PM**  **Adult open gym** | **12-2PM**  **ADULT open gym** |
| **1-4:00PM**  **Pickle Ball** | **1-4:00PM**  **Pickle Ball** | **1-4:00PM**  **Pickle Ball** | **1-4:00PM**  **Pickle Ball** | **11-12:00PM**  **Beginner Instructional**  **Pickle Ball** |  | **2-5PM**  **Teen open**  **Gym** |
|  | **5-6:00PM**  **Open Gym** | **5-9:00PM**  **Open Gym** | **5-6:00PM**  **Open Gym** | **12-1:00PM**  **Beginner Play**  **Pickle Ball** |  |  |
| **6– 8:00PM**  **Youth Volleyball Training** | **6-8:00PM**  **Club**  **Volleyball Practice** |  | **6-8:00PM**  **Club Volleyball Practice** | **1-4:00PM**  **Pickle Ball** | **2-5:00PM**  **Youth &Teen**  **Open Gym** |  |
| **8-9:00PM**  **Open Gym** | **8-9:00PM**  **Open Gym** |  | **8-9:00PM**  **Open Gym** | **6-8:00PM**  **Youth**  **Volleyball training** |  |  |

**\*Programming supersedes any and all open gym activities.**

**\*Schedule including open gym times are subject to change.**

**\*Open gym is for families and individuals**

**\*Gynmasium is CLOSED Dec. 18-26**

**Questions about the gymnasium schedule or anything sports related?**

**Contact** [**Jbostick@fcymca.org**](mailto:Jbostick@fcymca.org)

**WiLLIAMS gymNASIUM– DECEMBER**

**Court A**

**AGE GUIDELINES FOR OUR FACILITY**

All youth under the age of 12 require an adult or guardian in the facility with them at all times. Members over 18 are permitted to bring a younger guest in the facility **only if the legal parent/guardian has signed a Guest Waiver**.

Prior to any youth participation in the building and/or classes, all youth between the ages of 9-15 must participate in the **YOUTH CERTIFICATION PROGRAM**.

To register for the Youth Certification course, please see the Membership team. The class takes just over an hour. Each participant will be given a colored wrist band based on their age and the restrictions within our facility.

**RED:** ages 9-10. Must remain alongside of a parent at ALL TIMES and are only permitted in the CARDIO area only. This age group also requires parent/guardian supervision in the gymnasium as well.

**YELLOW:** ages 11-12. These youth do not need to be beside a parent/guardian. However they are restricted to the CARDIO area only.

**GREEN**: Ages 13-up. These youth are permitted in both the Cardio and Strenth areas without needing parental/guardian supervision.

**GROUP EXERCISE CLASSES:**

Ages 8-12 may participate in youth or family group exercise classes.

Ages 13-17 may participate in any group exercise class. However, if joining a cycling class, they must fit properly on the bikes.

**GYMNASIMUM/BASKETBALL COURTS:**

Children ages 12 years and younger require adult/parent/guardian supervision at all times.

Questions regarding the Youth Certification: [Mlewis@fcymca.org](mailto:Mlewis@fcymca.org)

Questions regarding youth and guest passes: [kgriffiths@fcymca.org](mailto:kgriffiths@fcymca.org)