



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAST SIDE FAMILY GYM

Winter Session 2012  
January 2-February 19, 2012

Schedule subject to change

M-F 5am-10pm  
Sat. 6am-8pm Sun. 7am-6pm

| Monday                              | Tuesday                         | Wednesday                           | Thursday  | Friday   | Saturday   | Sunday              |
|-------------------------------------|---------------------------------|-------------------------------------|---|--|--|---------------------|
| 5:00-9:30<br>Open Gym               | 5:00-8:45<br>Open Gym           | 5:00-9:30<br>Open Gym               | 5:00-9:30<br>Open Gym   | 5:00-9:30<br>Open Gym                                      | Open at 6am  | Open at 7am         |
|                                     |                                 |                                     |   |  | 6:00-8:45<br>Open Gym                                  | 7:00-6:00<br>Family |
| 9:30-11:15<br>Preschool Classes     | 8:45-11:15<br>Preschool Classes | 9:30-11:15<br>Preschool Classes     | 9:45-11:15<br>Rainbow Rompers   | 9:30-11:15<br>Preschool Classes                            | 8:45-9:45<br>Preschool Classes                         |                     |
| 11:20-1:30<br>Open Gym              | 11:15-5:45<br>Open Gym          | 11:15-2:30<br>Open Gym              | 11:30-1:30<br>Open Gym  | 11:15-6:45<br>Open Gym                                     | 9:45-12:45<br>Youth Sports                             |                     |
|                                     |                                 | 2:30-6:30<br>Open Gym<br>13 & Under | 1:30-5:30<br>Open Gym<br>13 & Under   |  |  |                     |
| 1:30-5:15<br>Open Gym<br>13 & Under |                                 |                                     |   |  |  |                     |
| 4:30-6:30<br>Power<br>Zone          | 4:30-6:30<br>Power<br>Zone      | 4:30-6:30<br>Power<br>Zone          | 5:30-6:00<br>Cardio Blast   |  | 12:45-5:45<br>Open                                     |                     |
|                                     |                                 |                                     | 6:00-7:15<br>Open Gym   |  |  |                     |
| 5:15-7:00<br>Preschool Classes      | 6:00-8:00<br>Family Night       | 6:30-7:30<br>Preschool Classes      |   |  |  |                     |
| 7:00-10:00<br>Open Gym              |                                 | 7:30-10:00<br>Open Gym              | 7:15-10:00<br>Open Gym<br>16+ Volleyball<br>*Volleyball can be set<br>up after 7:30pm if<br>there are 8 or more<br>people | 6:45-10:00<br>"Y" Night<br>Participants Only<br>Grades 5-8 | 6:00-8:00<br>Family Night<br>January 21<br>February 18 | Closed<br>6pm       |
|                                     |                                 |                                     |   |  | 8:00-10:00<br>Open Gym                                 |                     |

**Mission Statement:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA provides membership and program services to anyone regardless of ability to pay. Financial assistance is made possible through contributions to the Strong Kids Campaign. For information 436-9622.

**MEMBERSHIP CARD OR PHOTO ID REQUIRED TO USE ALL YMCA FACILITIES**

# GREATER GREEN BAY YMCA FACILITY USAGE GUIDELINES – EAST SIDE

## MEMBERSHIP CARD OR PHOTO ID REQUIRED TO USE ALL YMCA FACILITIES

In order to provide a safe environment for all our participants, who utilize the YMCA facilities, the following facility use guidelines have been developed. We greatly appreciate the cooperation of all our members in creating a safe atmosphere at the YMCA.

\*Schedules are subject to change per YMCA management.

### SUPERVISION OF CHILDREN

Children 8 and older are welcome in the facility all open hours at East Side YMCA. Children under age 8 must have direct adult supervision at all times. Consult the gym and pool schedules for appropriate activities and weekend schedule.

### GYM GUIDELINES

|  |                |   |
|--|----------------|---|
| <b>BASKETBALL</b>                              |                | “Cross-Court and “Full Court” only during designated game times   |
| <b>OPEN GYM</b>                                | Age 8 and up   | Ages 7 and under must be accompanied by an adult in the gym. <b>NO ORGANIZED GAMES.</b>                                 |
| <b>YOUTH/FAMILY</b>                            |                | Families (adult/child) and/or children ages 8 and older.  |
| <b>POWER ZONE</b>                              | Ages 8-13      | Organized activities changing daily, supervised by Y staff.   |
| <b>TRACK</b>                                   | Ages 8 & up    | May use the track at any time.  |
|  | Ages 6 & 7     | May use the track supervised by an adult; for you and your child’s protection please, <b>NO</b> strollers on the track. |
| <b>LIFESTYLE CENTER &amp; FREE WEIGHT ROOM</b> |                |   |
|  | Age 14 and up  | May use anytime. YMCA orientations highly recommended.  |
|  | Age 11 – 13    | May use any time if passed Youth Lifestyle Orientation Class and must wear lanyard with card as proof.                  |
| <b>FITNESS CLASSES</b>                         |                |   |
|  | Ages 14 and up | Adult Fitness Classes   |
|  | Age 8-13       | Youth Fitness Classes   |
|  | Age 6 and up   | Family Fitness Classes – Must be accompanied by an adult  |
| <b>RACQUETBALL</b>                             | Ages 8 & up    | May use the racquetball courts at any time; protective eyewear highly recommended.                                      |
|  | Ages 6-7       | Must be accompanied by an adult   |

**LOCKER ROOM USE** The use of all digital cameras, camcorders, cell phones and other electronic devices capable of producing an image are prohibited in all locker rooms and all restrooms.

**Family Locker Room** – Persons w/disabilities desiring privacy; adults accompanying opposite sex children ages 7 & under.

**Men and Women Adult Locker Areas** – Ages 19 and older only.

**Women/Girls Locker Area** – Females ages 14 and older; females ages 8-13 must be accompanied by a female adult.

**Men/Boys Locker Area** – Males ages 14 and older; males ages 8-13 must be accompanied by a male adult.

**Youth Female Locker Areas** – Females ages 8-13; children 7 and younger when accompanied by a female adult.

**Youth Male Locker Areas** – Males ages 8-13; children 7 and younger when accompanied by a male adult.

### **INFORMED CONSENT FOR PROGRAM AND RECREATIONAL PARTICIPATION**

All forms of physical activity involves a risk of injury. By voluntary participation in YMCA programs and activities, you assume and accept any and all risks of injury related to that activity.

### **CODE OF CONDUCT**

#### **RESPECT ONE ANOTHER**

Unsportsmanlike conduct, abusive language, fighting, use of tobacco, alcohol or illegal drugs, loitering, soliciting or any other inappropriate behavior will not be tolerated.

#### **RESPECT MEMBERSHIP PRIVILEGES**

Membership cards are non-transferable. Members are responsible for your guests’ behavior. Please refer to our YMCA facility schedule for appropriate usage guidelines and policies.

#### **RESPECT PROPERTY**

Stealing or damaging property or facilities will result in loss of privileges. Police will be contacted immediately. Please secure possessions in a locked locker.

**We reserve the right to enforce all YMCA policies. Failure to adhere to any and all of these may result in loss of membership privileges.**