



# DOWNTOWN GYM

## Winter Session

January 2 - February 18, 2012

M-F 5am-9pm

Sat. 6am-5pm Sun. Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY *	SUNDAY
5:00-11:30am Open Gym	5:00-11:30am Open Gym	5:00-11:30am Open Gym	5:00-11:30am Open Gym	5:00-11:30am Open Gym  Gym Closed January 20 Kids Day Out 7:00-8:45am	* GYM CLOSED: JAN 21 - SWIM MEET FEB 11 - GYM MEET 6:00-11:30am	C L O S E D
11:30-1:30 Adult- Ages 19+ Full Court Basketball	11:30-1:00 Adult- Ages 19+ Full Court Basketball	11:30-1:30 Adult- Ages 19+ Full Court Basketball	11:30-1:30 Adult- Ages 19+ Full Court Basketball	11:30-1:30 Adult- Ages 19+ Full Court Basketball	11:30-1:30 Adult- Ages 19+ Full Court Basketball	
1:30-9:00 Open Gym	1:00-6:00 * Open Gym  6:00-7:30 Special Pops  7:30-9:00 * Open Gym	1:30-7:30 Open Gym  7:30-9:00 Full Court Soccer	1:30-8:00 Open Gym  8:00-9:00 Adult Full Court Ages 19+	1:30-6:00 Open Gym  Gym Closed January 20 Kids Day Out 4:30-5:30pm  6:00-9:00 Y Klub  Gym Closed February 10 Gym Meet Set-Up 5:30-9:00	1:30-5:00 Open Gym  C L O S E D	

### Downtown YMCA Hours

Mon-Fri: 5am-9pm  
Saturday: 6am-5pm  
Sunday: CLOSED



# GREATER GREEN BAY YMCA FACILITY USAGE GUIDELINES – DOWNTOWN

**MEMBERSHIP CARDS OR PHOTO ID ARE REQUIRED FOR MEMBERS TO USE ALL YMCA FACILITIES. GUESTS, ACCOMPANIED BY A MEMBER, ARE WELCOME WITH A PHOTO ID AND THE PURCHASE OF A DAY PASS.**

In order to provide a safe environment for all participants, who utilize the YMCA facilities, the following facility usage 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 13 and younger are welcome in the facilities weekdays before 1:30pm with direct adult supervision. Children age 8 and older may use the facility independently weekdays after 1:30pm and anytime Saturdays. Consult the gym and pool schedules for appropriate activities and schedule.

## **GYM – BASKETBALL ONLY – “Cross-Court” and “Full Court” games on during designated times**

OPEN GYM    Age 8 and up    Ages 7 and under must be directly accompanied by an adult in the gym. **NO ORGANIZED GAMES.**

## **TRACK – For you and your child’s protection, please NO STROLLERS on the track!**

Ages 8 and up    Ages 7 and under must be directly accompanied by an adult on the track.

## **LIFESTYLE CENTER AND FREE WEIGHT ROOM – Appropriate exercise clothing and athletic shoes are required.**

Ages 14 and up    May use anytime. YMCA orientations highly recommended.

Ages 11-13    May use the Lifestyle Center after completion of a Youth Lifestyle Orientation and have a card as proof. May use before 1:30 weekdays, accompanied by an adult. May use independently after 1:30 weekdays and anytime Saturdays.

## **FITNESS CLASSES**

Ages 14 and up    May attend any class.

Ages 6 and up    Family Fitness classes – Must be accompanied by an adult.

## **RACQUETBALL – Protective eyewear highly recommended.**

Ages 8 and up    Ages 7 and under must be directly accompanied by an adult in a racquetball court.

## **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.

**Mens/Boys General Locker Room:** Male ages 6 and older. (Children 5 and under with adult male supervision only.)

**Womens/Girls General Locker Room:** Female ages 6 and older. (Children 5 and under with adult female supervision only.)

**Mens & Womens Adults-Only Locker Rooms:** Ages 19 and older.

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

All forms of physical activity involve 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**

**The YMCA is committed to providing a safe and welcoming environment for all members and their guests.**

### **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. Use of electronic devices capable of producing an image are prohibited in all locker rooms and rest rooms.

### **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.

### **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.



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.

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

**Financial Statement:** **Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level.

For more information, contact the YMCA at (920)436-9622 or [www.greenbayymca.org](http://www.greenbayymca.org).