



DOWNTOWN GYM

Spring 1 Session

February 20 - April 14, 2012

M-F 5am-9pm

Sat. 6am-5pm Sun. Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-11:30am * Open Gym	5:00-9:30am * Open Gym	5:00-11:30am * Open Gym	5:00-11:30am * Open Gym	5:00-11:30am * Open Gym	6:00-11:30am Open Gym	C L O S E D
	9:30-10:15 Preschool Day Camp					
	10:15-11:30 Open Gym					
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		
1:30-9:00 * Open Gym	1:00-6:00 * Open Gym	1:30-7:30 * Open Gym	1:30-8:00 * Open Gym	1:30-6:00 * Open Gym	1:30-5:00 Open Gym	
	6:00-7:30 * Special Pops					
	7:30-9:00 * Open Gym			7:30-9:00 Full Court Soccer	8:00-9:00 Adult Full Court Ages 19+	

* Gym Closed for Special Events		
Tuesday, February 21	Special Pops Dance	4:30-8:30pm
Friday, February 24	Kids Day Out	7:00-8:45am and 4:30-5:30pm
Friday, March 9	Kids Day Out	7:00-8:45am and 4:30-5:30pm
Tuesday, March 13	Special Pops Dance	5:00-8:00pm
Mon-Fri, March 26-30	Kids Days Out	7:00-8:45am and 4:30-5:30pm
Friday, April 6	Kids Day Out	7:00-8:45am and 4:30-5:30pm
Monday, April 9	Kids Day Out	7:00-8:45am and 4:30-5:30pm

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.