



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAST SIDE FAMILY GYM

Spring 1 Session 2012  
February 20-April 15, 2012

Schedule subject to change

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:15 Open Gym	5:00-8:45 Open Gym	5:00-9:30 Open Gym	5:00-9:30 Open Gym	5:00-9:30 Open Gym	Open at 6am	Open at 7am
					6:00-8:45 Open Gym	7:00-6:00 Family
9:15-10:30 Preschool Classes	8:45-11:15 Preschool Classes	9:30-11:15 Preschool Classes	9:45-11:15 Rainbow Rompers	9:30-11:15 Preschool Classes	8:45-12:45 Youth Sports (Basketball until April 19, 2011)	
10:30-1:30 Open Gym	11:15-6:00 Open Gym	11:15- 12:45 Open Gym	11:30-5:20 Open Gym	11:15-6:45 Open Gym		
1:30-5:00 Open 13 & Under		3:00-4:00 Open 13 & Under			12:45-5:45 Open Gym	
4:30-6:30 Power Zone	4:30-6:30 Power Zone	4:30-6:30 Power Zone	5:30-6:00 Cardio Blast			
		4:30-6:30 Open Gym	6:00-7:30 Open Gym			
5:00-7:00 Preschool Classes	6:00-8:00 Family Night	6:30-7:30 Preschool Classes				
7:00-10:00 Open Gym	8:00-10:00 Open Gym	7:30-10:00 Open Gym	7:30-10:00 Open Gym *Volleyball can be set up after 7:30pm if there are 8 or more people	6:45-10:00 "Y" Night Participants Only Grades 5-8	6:00-8:00 Family Night March 17 April 21	Closed 6pm
					Closed 8pm	

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

"Membership for All" helps to ensure that everyone belongs at the YMCA, regardless of income level. For information call 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

BASKETBALL		"Cross-Court and "Full Court" only during designated game times
OPEN GYM	Age 8 and up	Ages 7 and under must be accompanied by an adult in the gym. <b>NO ORGANIZED GAMES.</b>
YOUTH/FAMILY		Families (adult/child) and/or children ages 8 and older.
POWER ZONE	Ages 8-13	Organized activities changing daily, supervised by Y staff.
TRACK	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.
LIFESTYLE CENTER & FREE WEIGHT ROOM		
	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.
FITNESS CLASSES		
	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
RACQUETBALL	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.**