



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST SIDE WPS 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	
5:00–7:30 Open Gym		5:00–7:30 Open Gym		5:00–7:30 Open Gym		5:00–7:30 Open Gym		5:00–7:30 Open Gym		Open at 6am 6:00–10:15 Open Gym		Open at 7am	
7:30–8:30 SACC		7:30–8:30 SACC		7:30–8:30 SACC		7:30–8:30 SACC		7:30–8:30 SACC		7:00–10:15 Family Gym		7:00–10:15 Youth Gym	
8:30–9:00 Open Gym		8:30–9:15 Yoga		8:30–9:00 Open Gym		8:30–9:15 Yoga		8:30–10:00 Open Gym					
9:00–9:45 Yoga		9:15–4:30 Open Gym		9:00–9:45 Yoga		9:15–4:30 Open Gym		10:00–11:30 Rainbow Rompers				10:15–11:15 Zumba	
9:45–4:30 Open Gym				9:45–4:30 Open Gym				11:30–2:00 Open Gym		11:15–12:30 Open Gym		11:15–6:00 Family Gym	
4:30–5:30 SACC		4:30–5:30 SACC	4:30–6:30 Power Zone	4:30–5:30 SACC	4:30–6:30 Power Zone	4:30–5:30 SACC	4:30–6:30 Power Zone	4:30–5:30 SACC		12:30–6:00 Family Gym	12:30–6:00 Youth Gym		
5:30–7:00 Rainbow Rompers		5:30–6:30 Power Zone		5:30–6:30 Power Zone		5:30–6:30 Power Zone		5:30–10:00 Family Gym					
7:00–10:00 Family Gym	7:00–10:00 Youth Gym	6:30–7:00 Open Gym		6:45–7:30 Family Zumba		6:30–7:00 Open Gym				6:00–8:00 Rainbow Rompers		Closed 6pm	
		7:00–10:00 Family Gym	7:00–10:00 Youth Gym	7:30–10:00 Family Gym	7:30–10:00 Youth Gym	7:00–10:00 Family Gym	7:00–10:00 Youth Gym			Closed 8pm			

Membership card or photo ID required to use all YMCA facilities.

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, call 920.436.9622.

# GREATER GREEN BAY YMCA FACILITY USAGE GUIDELINES – WEST 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.

### SUPERVISION OF CHILDREN

Children 8 and older are welcome in the facility all open hours at West 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

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.
FULL COURT		Games only during designated times.
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 10 – 13	May use any time only if passed Youth LSC Orientation & have a card/lanyard as proof.
FITNESS CLASSES - Ages 14 and up.		
RACQUETBALL	Ages 8 & up	May use the racquetball courts at any time; Protective eyewear highly recommended.

**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.

**Green/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 6-13 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.**