



# Broadview YMCA Gym Schedule

Session: SPRING 1, 2010

February 22 - April 18

(CLOSED APRIL 4th)



## South Gym

## North Gym

South Gym							North Gym									
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.			
5:00-5:50 Open	5:00-8:00 Open	5:00-5:50 Open	5:00-8:00 Open	5:00-5:50 Open	6:00-7:30 Open		5:00-5:50 Open	5:00-5:45 Open	5:00-5:50 Open	5:00-5:45 Open	5:00-5:50 Open	6:00-6:30 Open				
5:50-6:50 <i>Fit For Life</i>		5:50-6:50 <i>Fit For Life</i>		5:50-6:50 <i>Fit For Life</i>			6:00-7:30 Open	5:50-6:50 <i>Fit For Life</i>	5:45-6:30 Body Fit	5:50-6:50 <i>Fit For Life</i>	5:45-6:30 Body Fit			5:50-6:50 <i>Fit For Life</i>	6:30-7:15 Body Fit	
6:50-9:00 Open		8:00-9:00 <i>Kickboxing</i>		6:50-9:15 Open			6:50-10:00 Open	7:30-8:30 <i>Fit For Life</i>	6:45-7:30 Cycling	7:00-7:45 Cycling	7:00-8:00 Open			7:00-7:45 Cycling	7:30-8:30 <i>Fit For Life</i>	8:00-9:00 Step
9:00-10:15 Rainbow Rompers	9:00-11:30 Preschool		9:15-10:15 <i>Interval</i> 1-2-3	9:00-10:15 Preschool			8:45-12:30 Youth Sports	8:00-9:00 <i>Kickboxing</i>	9:15-10:15 <i>Interval</i> 1-2-3	9:00-10:00 Open	9:15-10:15 <i>Interval</i> 1-2-3			8:45-9:45 Sat. AM Workout	9:00-9:15 Open	
10:30-11:00 Open	2:00-10:00 Open	10:15-11:15 Preschool	10:15-11:30 Rainbow Rompers	10:00-11:45 Preschool	12:30 - 8:00 Open		10:20-11:05 Body Fit	2:15-4:00 Open	10:20-11:05 Body Fit	2:15-4:00 Open	10:20-11:05 Body Fit	9:45-12:00 Youth Sports	10:00-4:00 Open			
11:15-1:30 Men's 19+ Full Ct. BB		11:30-2:00 Men's 19+ Full Ct. BB	11:15-1:30 Men's 19+ Full Ct. BB	11:30-2:00 Men's 19+ Full Ct. BB			11:45-1:30 Men's 19+ Full Ct. BB		11:15-12:00 Stroller Aerobics		11:15-1:15 Men's 19+ Full Ct. BB		11:15-12:00 Stroller Aerobics	11:15-1:15 Men's 19+ Full Ct. BB	11:15-12:00 Open	12:00-6:00 Open
1:30-5:30 Open		1:30-4:30 Open	1:30-4:30 Open	1:30-4:30 Open			1:30-4:30 Open		12:10-1:00 <i>Fit For Life</i>		1:15 - 2:15 W. DePere School		12:10-1:00 <i>Fit For Life</i>	1:15 - 2:15 W. DePere School	12:15-1:00 Cycling	1:00-4:30 Open
5:30-6:30 <i>Fit For Life</i>	6:30-10:00 Open	4:30-5:30 <i>Kickboxing</i>	4:30-5:30 <i>Zumba</i>	4:30-5:30 <i>Zumba</i>	3:00-4:15 Power Zn.		4:00-4:45 Open	3:00-4:15 Open	4:00-4:45 <i>Family Zumba</i>	4:30-5:30 <i>Zumba</i>	5:00-6:00 Power Zn.	5:30-6:30 <i>Fit For Life</i>	6:00-8:00 Family Night			
6:30-8:00 17 & Younger		5:30-6:30 <i>Fit For Life</i>	5:30-6:30 <i>Fit For Life</i>	5:30-6:30 <i>Fit For Life</i>	4:30-5:30 <i>Kickboxing</i>		5:00-6:00 Cycle/Strength	5:00-6:00 Cycle/Strength	4:30-5:30 <i>Kickboxing</i>	5:00-6:00 Cycling	5:30-6:30 <i>Fit For Life</i>	6:30-10:00 Y-Night				
8:00-10:00 16+ Full Ct. Basketball		6:30-10:00 Open	6:30-10:00 Open	6:30-10:00 Y-Night	6:30-10:00 Y-Night		5:30-6:30 <i>Fit For Life</i>	6:10-6:55 Body Fit	5:30-6:30 <i>Fit For Life</i>	6:10-6:55 Body Fit	6:30-10:00 Y-Night	6:30-10:00 Y-Night				
							7:45-10:00 Open	7:50-8:20 <i>Ball/Core</i>	6:40-10:00 Open	7:00-8:00 <i>Interval 123</i>						
								8:20-10:00 Open		8:00-10:00 Open						

## **GREATER GREEN BAY YMCA FACILITY USAGE GUIDELINES – BROADVIEW**

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.

### **\*MEMBERSHIP CARDS OR PHOTO ID REQUIRED TO USE ALL YMCA FACILITIES\* SUPERVISION OF CHILDREN**

Children 13 and younger are welcome in the facilities weekdays before 1:30pm with direct adult supervision only. Children age 8 and older may use the facility independently weekdays after 1:30pm and anytime on the weekends. Consult the gym and pool schedules for appropriate activities and schedule.

**GYM – BASKETBALL ONLY** – “Cross-Court” and “Full-Court” games only 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 6 – 10 Must be accompanied by an adult. Available anytime except between the hours of 4:00-7:00pm Monday-Friday. Ages 11 and up Use anytime on weekends and after 1:30pm on weekdays.

### **LIFESTYLE CENTER AND FREE WEIGHT ROOM**

Ages 14 and up May use anytime. YMCA orientations highly recommended. Ages 11-13 May use the Lifestyle Center after 1:30pm by themselves after completion of the Youth Lifestyle Orientation and have a card as proof. Before 1:30pm they must be accompanied by an adult.

### **FITNESS CLASSES**

Ages 14 and up May attend any class.

**RACQUETBALL** – Protective eyewear highly recommended. Ages 6-10 Must be accompanied by an adult. Ages 11 and up Use anytime on weekends and after 1:30pm on weekdays.

### **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. Adult Female Locker Room: Females, ages 19 and older. Adult Male Locker Room: Males, ages 19 and older.

General Female Locker Room: Females, age 14 and older. Females age 6-13 must be accompanied by a female adult. Females age 5 and younger must use youth locker room (except for the parent/child classes).

General Male Locker Room: Males, age 14 and older. Males age 6-13 must be accompanied by a male adult. Males age 5 and younger must use youth locker room (except for the parent/child classes).

Youth Female Locker Room: Females, ages 6 and older. Children, ages 5 and younger when accompanied by a female adult. Youth Male Locker Room: Males, ages 6 and older. Children, ages 5 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**

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 Assistance Policy:** The YMCA provides membership and program services to anyone regardless of ability to pay. Financial assistance is made possible through contributions to our annual Strong Kids campaign. For information, contact the YMCA at 436.9622.

\*Schedules are subject to change per YMCA management. REV. 02/09