



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

YMCA ATHLETIC CENTER

Main Gym Schedule

Schedule is subject
to change

December – March
Youth basketball
starting at 5:30pm-
8:00pm, Monday –
Friday & 8:00am –
1:00pm on Saturday

Multiple activities
are often scheduled
in this gym at the
same time.

Gym Rules

Please wear athletic
shoes. No flip-flops
or sandals

No food or drinks

Put basketballs into
bin when leaving

Age Guidelines

Youth may be with
parents in gym at
any time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30am-1:00 Open Gym**	4:30am-1:00 Open Gym**	4:30am-1:00 Open Gym**	4:30am-1:00 Open Gym**	4:30am-1:00 Open Gym**	4:30am-1:00 Open Gym**		
10:00-1:00 Court 1 Pickleball	10:00-1:00 Court 1 Pickleball	10:00-1:00 Court 1 Pickleball	10:00-1:00 Court 1 Pickleball	10:00-1:00 Court 1 Pickleball	10:00-1:00 Court 2 Volleyball	8:00-4:45 Open Gym**	
1:00-6:00 Youth Gym*	1:00-6:00 Youth Gym*	1:00-6:00 Youth Gym*	1:00-6:00 Youth Gym*	1:00-6:00 YouthGym*	1:00-6:00 Youth Gym*	1:00-6:00 Youth Gym*	1:00-4:45 Youth Gym*
						4:45pm Gym Closed	4:45pm Gym Closed
7:00-9:15 Court 2 Volleyball	6:00-9:15 Open Gym**	6:00-9:15 Open Gym**	6:00-9:15 Open Gym**	6:00-9:15 Open Gym**	6:00-9:15 Open Gym**		
9:15pm Gym Closed	9:15pm Gym Closed	9:15pm Gym Closed	9:15pm Gym Closed	9:15pm Gym Closed	9:15pm Gym Closed		

*1:00-6:00pm youth
10 & up may be in
gym unaccompanied

** Before 1:00pm &
after 6:00pm, youth
16 & older may be in
gym unaccompanied

Altavista Area YMCA

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