



Old Bridge YMCA
Gymnasium & Program Schedule
 Schedule Effective: January 2nd – February 26th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 -9:30am Open Gym Half Gym Adults Half Gym Youth	5:00 -9:15am Open Gym Half Gym Adults Half Gym Youth	5:00 -9:30am Open Gym Half Gym Adults Half Gym Youth	5:00 -9:15am Open Gym Half Gym Adults Half Gym Youth	5:00 -9:30am Open Gym Half Gym Adults Half Gym Youth	7:00 -10:00am Open Gym Half Gym Adults Half Gym Youth	
9:30-10:30am Youth prog Half gym Kinderballet	9:15-9:45am Full Gym Open	9:30-10:30am Full Gym Open	9:15am-9:45am Youth prog Half Gym Kindergym Half Gym Open	9:30-10:15am Full Gym Open	9:30am-11:30am Youth Prog Half Gym Tumbling Half Gym Open	
9:30am-10:30am- Adult Prog Half Gym Bootcamp	9:45pm-10:30pm Full Gym Open 10:30am-	10:30-11:30am Adult Prog Full Gym Circuit Circus	9:45 -12:45pm Open Gym Half Gym Adults Half Gym Youth	10:30-11:30am Adult Prog Full Gym Zumba Tone	11:30-12:30pm Full Gym Open	
10:30-11:30am Adult Prog Full Gym Zumba	11:30am, -2:30pm Open Gym Half Gym Adults Half Gym Youth	11:30-12:30pm Full Gym Open	12:45-1:15pm Youth Prog Half Gym Kindergym Half Gym Open	11:30am-12:15pm Adult Prog Full Gym Walk and Tone	12:30-7:00pm Open Gym Half Gym Adults Half Gym Youth	
11:30 -12:45pm Open Gym Half Gym Adults Half Gym Youth	2:30pm-3:45pm Calvary School Half Gym	12:30pm-4:30pm Open Gym Half Gym Adults Half Gym Youth	2:30pm-3:45pm Calvary School Half Gym	12:15-1:15pm Full Gym Open	Sunday	
12:45-1:15pm Full Gym Open	2:30pm-3:30pm Open Gym Half Gym	4:00pm-5:00pm Youth Prog Half Gym Gym Games Half Gym Open	2:30pm -3:30pm Open Gym Half Gym	1:15 -4:00pm Open Gym Half Gym Adults Half Gym Youth	8:00 am-11:00am Adult Prog Basketball League Full Gym	
1:15-4:00pm Open Gym Half Gym Adults Half Gym Youth	4:45pm-5:45pm Youth Prog Tennis Half Gym Half Gym Open	5:00pm-5:45pm- Youth Prog Half Gym Dash & Splash Half Gym Open	3:30pm-6:00pm Full Gym Open	4:00-6:45pm Youth Prog Half Gym Basketball Half Gym Open	11:00am -5:00pm Open Gym Half Gym Adults Half Gym Youth	
4:00pm-10:00pm Open Gym Half Gym Adults Half Gym Youth	3:30pm-4:45pm Open Gym Half Gym Adults Half Gym Youth	7:00-8:00pm Open Gym Half Gym Adults Half Gym Youth Volleyball	6:00-7:00pm Open Gym Half Gym Adults Half Gym Youth	7:00pm-10:00pm Table Tennis Half Gym Half Gym Open		
	4:45pm- 10:00pm Open Gym	8:00-10:00pm Open Gym Half Gym Adults Half Gym Adult Volleyball	7:00-10:00pm Open Gym Half Gym Adults Half Gym Youth			

GYMNASIUM RULES

1. The gym is a shared environment for all age groups and player levels. It is important that the rights and safety of others is respected.
2. Anyone under the age of 9 years old must be accompanied by an adult.
3. No food allowed in the gymnasium.
4. PLASTIC sports drinks/water bottles are permitted in the gymnasium.
5. Shirts and other proper athletic attire must be worn at all times.
6. NON-MARKING athletic shoes must be worn on the gym floor, street shoes or hard-soled shoes are not permitted.
7. Profanity, fighting, excessive yelling, and unnecessary aggressiveness will not be tolerated at any time. ZERO TOLERANCE for violators will be enforced.
8. Gym closet is off limits to members.
9. Keep balls and other equipment away from ceiling, lights, and other electrical devices.
10. Please return all basketballs and volleyballs to carts.
11. DO NOT dunk or hang on the basketball nets.
12. Emergency exit is to stay closed at all times.
13. Bags and extra clothing are not allowed in the gymnasium. Please leave all gym bags and personal belongings locked in the appropriate locker room. The Old Bridge YMCA is not responsible for lost or stolen property.
14. Please refer to the Gymnasium schedule for the list of activities and Open Gym times.