



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westview YMCA- July 2025

OPEN GYM SCHEDULE

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|--|--|--|---|
| | | 1 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-5:30pm 6:30pm-8:30pm | 2 5:00am-8:30am 12:15pm-6:00pm Pickleball 14+ 6:00pm-8:30pm | 3 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-8:30pm | 4 5:00am-12:30pm No Pickleball Close at 1:00pm | 5 Pickleball Skills/Drills 9:00am-10:30am 10:45am-6:30pm |
| 6 8:00am-9:00am Pickleball 9:00am-12:00am 12:15pm-6:30pm | 7 5:00am-8:30am 12:15pm-6:00pm Family Pickleball 6:00pm-8:30pm | 8 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-5:30pm 6:30pm-8:30pm | 9 5:00am-8:30am 12:15pm-6:00pm Pickleball 14+ 6:00pm-8:30pm | 10 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-8:30pm | 11 5:00am-8:30am 1/2 Gym: 8:30am-10:00am 12:15pm-8:30pm | 12 Pickleball Skills/Drills 9:00am-10:30am 10:45am-6:30pm |
| 13 8:00am-9:00am Pickleball 9:00am-12:00am 12:15pm-6:30pm | 14 5:00am-8:30am 12:15pm-6:00pm Family Pickleball 6:00pm-8:30pm | 15 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-5:30pm 6:30pm-8:30pm | 16 5:00am-8:30am 12:15pm-6:00pm Pickleball 14+ 6:00pm-8:30pm | 17 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-8:30pm | 18 5:00am-8:30am 1/2 Gym: 8:30am-10:00am 12:15pm-5:30pm Family Fitness/Gym 6:00pm-8:30pm | 19 Pickleball Skills/Drills 9:00am-10:30am 10:45am-6:30pm |
| 20 8:00am-9:00am Pickleball 9:00am-12:00am 12:15pm-6:30pm | 21 5:00am-8:30am 4:30pm-6:00pm Family Pickleball 6:00pm-8:30pm | 22 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 4:30pm-5:30pm 6:30pm-8:30pm | 23 5:00am-8:30am 4:30pm-6:00pm Pickleball 14+ 6:00pm-8:30pm | 24 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 4:30pm-8:30pm | 25 5:00am-8:30am 1/2 Gym: 8:30am-10:00am 12:15pm-8:30pm | 26 Pickleball Skills/Drills 9:00am-10:30am 10:45am-6:30pm |
| 27 8:00am-9:00am Pickleball 9:00am-12:00am 12:15pm-6:30pm | 28 5:00am-8:30am 12:15pm-6:00pm | 29 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-5:30pm 6:30pm-8:30pm | 30 5:00am-8:30am 12:15pm-6:00pm Pickleball 14+ 6:00pm-8:30pm | 31 5:00am-6:15am 7:30am-8:30am 1/2 Gym: 8:30am-10:30am 12:15pm-8:30pm | Aug 1 5:00am-8:30am 1/2 Gym: 8:30am-10:00am 12:15pm-8:30pm | Aug 2 Pickleball Skills/Drills 9:00am-10:30am 10:45am-6:30pm |
| | | | PICKLEBALL (Ages 14+) 10:00am-12:00pm Every Monday, Wednesday, Friday | | | |

OPEN GYM POLICIES

- Please note that only water, in a closed non-glass container, is allowed.
- Full basketball court is not permitted during open gym times.
- **No bags in the gym during open gym. Please secure your personal belongings in a locker.**
- Children under 10 must be accompanied and supervised by an adult.
- No dunking or grabbing rims at any time.
- Non-marking athletic shoes must be worn.
- Please return basketballs to the ball rack.
- No kicking or inappropriate use of equipment or balls. Keep balls away from ceiling & lights.
- Indoor soccer and football are not permitted.
- Be respectful of others. No profanity, fighting, excessive yelling, or unsportsmanlike conduct.
- The Y is not responsible for personal injury or for lost, damaged or stolen items.
- The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.