# BENJAMIN HARRISON YMCA GYM SCHEDULE: Effective 4.22.24

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| FAMILY | ADULT | FAMILY | ADULT | FAMILY | ADULT | FAMILY | ADULT | FAMILY | ADULT | FAMILY | ADULT |
| 5-8:50am Open Gym | | | | 5-9am Open Gym | | 5-9am Open Gym | | | | 7am-6:45pm Family Open | 7am-6:45pm Pickup |
| 9-10am Closed to Clean | | 8:50-10am Cardio Dance Sonya | | 9-10am Closed to Clean | | 9-10:25am Open Gym/Pickup | | 9-10am Closed to Clean | | | |
| 9:50-11am Cardio Dance Sonya | | 10-10:55am Preschool Gym Time | 10-10:55am Open Gym | 10-11am Preschool Gym Time | 10:25-11:15am Pickleball Clinic | 10-10:55am Preschool Gym Time | 10-10:55am Open Gym | 10am-12pm Preschool Gym Time | 10am-4pm Open Gym | | |
| 11-11:55am Open Gym/Pickup | | 11am-2pm Ages 11+ Open Pickleball | | 11am-2pm Ages 11+ Open Pickleball | | 11am-2pm Ages 11+ Open Pickleball | | 12-4pm Family Open | | | |
| 12-3pm Ages 18+ Open Pickleball | | | | | | | | | | | |
| 3-4pm Family Open | 3-4pm Open Gym/ Pickup | 2-4pm Family Open | 2-4pm Open Gym/ Pickup | 2-4pm Family Open | 2-4pm Open Gym/ Pickup | 2-4pm Family Open | 2-4pm Open Gym/ Pickup | 4-5pm Preschool Gym Time | 4-5pm Open Gym | | |
| 4-5pm Preschool Gym Time | 4-5pm Open Gym | 4-5pm Preschool Gym Time | 4-5pm Open Gym | 4-5pm Preschool Gym Time | 4-5pm Open Gym | 4-5pm Preschool Gym Time | 4-5pm Open Gym | 5-8:45pm Family Open | 5-8:45pm Pickup | | |
| 5-5:50pm Family Open | 5-5:50pm Pickup | 5-5:50pm Family Open | 5-5:50pm Pickup | 5-5:20pm Family Open | 5-5:20pm Pickup | 5-8:45pm Family Open | 5-8:45pm Pickup | | | | |
| 5:50-8:15pm B-ball League | 5:50-6:45pm Open Gym | 5:50-6:45pm Sports Clinic | | 5:50-8:15pm B-ball League | 5:20-7pm Open Gym | | | | | | |
| 6:45-8:45pm Open Gym/Pickup | | 6:45-8pm Cardio Dance Sonya | | 7-8:45pm Open Gym/Pickup | | | | | | | |
| | | 8-9pm CCA Pickleball *Until April 30 | | | | | | | | | |

| SUNDAY | |
|---|---|
| FAMILY | ADULT |
| 10am-1:30pm Glory to God Christian Church Service | |
| 1:30-5:45pm Family Open | 1:30-5:45pm Pickup |

**Questions?** Contact Sports Director Amber Miller at amiller@indymca.org.

## IMPORTANT DATES TO KNOW ABOUT THE BASKETBALL GYM

- Basketball gym will be closed Friday, May 10 at 2pm - Saturday, May 11 at 2pm for our Annual Cycle-a-thon
- May 17 basketball gym closed from 10:30am-4pm for Senior Prom

### GYM COLOR CODE

- OPEN GYM
- YMCA PROGRAM $
- GYM CLOSED
- FAMILY OPEN

**Family Court:** By Windows

**Adult Court:** By Wellness Hallway

### GYM ETIQUETTE

- Youth aged 10 and under must be with a member aged 16 or older unless enrolled in a YMCA program.
- Refrain from bringing food (including gum) and drinks (except water) into the gym area.
- A shirt and appropriate footwear are required.
- Act responsibly: Refrain from hanging on the rims, playing roughly, fighting, and using foul language.
- Please secure your valuables. The YMCA assumes no responsibility for theft, damage, or loss of personal property.
- Violations of gym etiquette may result in suspension or termination of members or guest

**Schedule is subject to change without notice. Please refer to indymca.org/Benjamin-Harrison and schedules posted outside the gyms for the most-up-to-date information.**