

the **Y** BENJAMIN HARRISON YMCA GYM SCHEDULE: Updated 6.13.22

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
FAMILY	ADULT	FAMILY	ADULT	FAMILY	ADULT	FAMILY	ADULT	FAMILY	ADULT	FAMILY	ADULT		
5-7am Open Gym										7am-6:45pm Family Open	7am-6:45pm Open Gym/Pickup		
7-9am Preschool Gym Time	7-9am Open Gym	7-9am Preschool Gym Time	7-9am Open Gym	7-9am Preschool Gym Time	7-9am Open Gym	7-9am Preschool Gym Time	7-9am Open Gym	7-9am Preschool Gym Time	7-9am Open Gym				
9-10am Closed to Clean		9-10am Cardio Dance		9-10am Urban Line Dance		9-10am Cardio Dance		9-10am Closed to Clean					
10-11:05am Cardio Dance		10-11am Preschool Gym Time	10-11am Open Gym	10-11am Preschool Gym Time	10-11am Open Gym	10-11am Preschool Gym Time	10-11am Open Gym		10am-1pm Open Gym				
11:15am-2pm Adult Open Pickleball		11am-2pm Adult Open Pickleball		11am-2pm Adult Open Pickleball		11am-2pm Adult Open Pickleball							
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	2-4pm Family Open	2-4pm Open Gym/Pickup						
4-4:45pm Preschool Gym Time	4-4:45pm Open Gym	4-4:45pm Preschool Gym Time	4-4:45pm Open Gym	4-4:45pm Preschool Gym Time	4-4:45pm Open Gym	4-4:45pm Preschool Gym Time	4-4:45pm Open Gym						
4:45-8:45pm Family Open	4:45-8:45pm Pickup	4:45-6pm Family Open	4:45-5:55pm Pickup			4:45-6pm Family Open	4:45-5:55pm Pickup						
		6-6:45pm Sports Clinic		4:45-8:45pm Family Open	4:45-8:45pm Pickup			5:55-7:30pm Basketball Clinic Ends June 30					
		6:45-8pm Cardio Dance						8-8:45pm Open Gym/Pickup					
		8-8:45pm Open Gym/Pickup											
										SUNDAY			
								1-2pm Arbor Homes Rental					
								4-4:45pm Preschool Gym Time	2-4:45pm Open Gym	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 GYM
 Tuesday, June 14 Gym Closed from 3:30-9pm
 Tuesday, June 21 Gym Closed from 9am-5pm for Pacer/Fever Jr.Hoops
 *Gym Schedule may change last minute due to weather for our outside YMCA programming.

GYM ETIQUETTE

GYM COLOR CODE

- OPEN GYM** Family Court: By Windows
- YMCA PROGRAM \$**
- GYM CLOSED** Adult Court: By Wellness Hallway
- FAMILY OPEN**

- 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 privileges.

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.