



Fall 2025 | August 31st - November 29th

Gym Guidelines & Open Gym Rules

- Anyone in the gym will follow guidelines and rules posted in the gymnasium
 - The intentional destruction of Y property will not be tolerated.
- Baseball, Softball, Lacrosse, Hockey, Racquet Sport play/practice is not permitted.
 - Youth 7 and younger must be accompanied by an adult.
- Full Court play may be restricted when only one court is open.

NO FOOD, DRINKS, OR GUM allowed in the gym.



Maria DiMartin, Youth & Family Director
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	THURSDAY		FRIDAY		SATURDAY	
	CT A	CT B	CT A	CT B	CT A	CT B
5:30	Open Gym 5:30AM-9:00AM	Open Gym 5:30AM-9:00AM	Open Gym 5:30AM-9:00AM	Open Gym 5:30AM-8:00AM	Open Gym 5:30AM-6:00PM	Open Gym 5:30AM-8:45AM
6:00						
6:30						
7:00						
7:30						
8:00				Program Set-Up 7:55AM-8:00AM		
8:30						
9:00	Program Set-Up 9:15AM-9:30AM	Program Set-Up 9:15AM-9:30AM	Program Set-Up 9:15AM-9:30AM	Pickleball Open Play 8:00AM-2:00PM		Pickleball Clinic 9:00AM-11:30AM
9:30	Land Group Exercise 9:30AM-10:45AM	Land Group Exercise 9:30AM-11:00AM	Land Group Exercise 9:30AM-10:30AM			
10:00						
10:30	Open Gym 10:30AM-7:00PM	Open Gym 10:30AM-9:30PM	Program Set-Up 10:30AM-11:00AM		Open Gym 12:00PM-9:30PM	
11:00			Gym Jamboree 11:00AM-12:00PM			
11:30						
Noon						
12:30						
1:00						
1:30						
2:00				Birthday Parties* 5:00PM-7:00PM		
2:30						
3:00						
3:30						
4:00						
4:30						
5:00					Birthday Parties* 3:00PM-5:00PM	
5:30						
6:00						
6:30	Program Set-Up 6:55PM-7:00PM	Program Set-Up 6:55PM-7:00PM				
7:00	Pickleball Ladder League 7:00PM-9:00PM	Pickleball Ladder League 7:00PM-9:00PM				
7:30						
8:00						
8:30						
9:00	Open Gym 9:00PM-9:30PM	Open Gym 9:00PM-9:30PM				
9:30						