



Sebring-Lewis Center Basketball Gym Schedule Gym Programs Schedule as of June 5

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
6:00am-7:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court				
7:00am-8:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court				
8:00am-9:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court				
9:00am-10:00am	Pickleball	Pickleball	Full Body Fit Cardio 9:00-9:45	Pickleball	Adult Recess FIT *Coming soon!	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball				
10:00am-11:00am	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball *NEW! Pickleball Fit Class. Free to members.	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball				
11:00am-12:00pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball				
12:00pm-1:00pm	Open Court	Pickleball	Beginner Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball				
1:00pm-2:00pm	Open Court	Pickleball	Intermediate Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball				
2:00pm-3:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Pickleball	Pickleball	Open Court	Adult Recess PLAY *Coming soon!	Open Court	Beginner & Family Pickleball	Open Court	Open Court
3:00pm-4:00pm	Open Court	Middle School Open Court	Open Court	Pickleball	Open Court	Pickleball	Open Court	Open Court	Open Court	Middle School Open Court	Open Court	Pickleball	Open Court	Pickleball
4:00pm-5:00pm	Open Court	Open Court	Open Court	Pickleball	Open Court	Pickleball	Open Court	Open Court	Open Court	Open Court	Open Court	Pickleball	Open Court	Pickleball
5:00pm-6:00pm	Open Court	Open Court	Open Court	Open Court	Tiny Tot Soccer	Open Court	Open Court	Open Court	Open Court	Open Court	Adult Recess SPORT *Coming soon!	Adult Recess SPORT *Coming soon!		
6:00pm-7:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Volleyball Skills Academy	Basketball Skills Academy	Open Court	Open Court	Family Fun Night with Family Gym & More! 5:30-7:30	Open Court			
7:00pm-8:00pm	Open Court	Pickleball	Beginner Pickleball Skills Clinic	Pickleball	Pickleball Ladder League	Pickleball Ladder League	Open Court	Open Court	Open Court	Open Court				

NOTICE: The SLC Gym is closed August 19-September 1 for annual improvements.

Sebring-Lewis Center Gymnasium Guidelines	
Respect * Respect is a core value at the Y. Please treat all members, staff, spaces and equipment respectfully. * Thank you for keeping this a safe and clean space by securing your belongings in a locked locker. * Everyone belongs at the Y. Thank you for keeping this space comfortable. Photography and recording is permitted by Y staff only.	Equipment * Use of a personal ball is allowed. There will be balls and other gym equipment available.
Clothing and Belongings * Thank you for keeping this a safe and clean space by securing your belongings in a locked locker. * Please wear closed-toe athletic shoes with non-marking soles. * Your comfort is important. Please wear a shirt that covers your midriff and back and portrays family-friendly, non-offensive language. * Please use water bottles with lids and made of non-breakable material. Food and gum may be enjoyed outside the Y.	Age * We ensure youth safety. Youth under age 11 must be accompanied by an adult member for Open Court. Youth ages 11-13 must have an adult member in the building.
Staff * We want to support your goals. Personal training may be conducted by Y staff only. * We are here to serve you. Please report any issues directly to a Y staff. Staff has final authority in all guidelines to keep our McGaw YMCA community safe.	Program legend: <div><div></div> Family Programming</div> <div><div></div> Youth Open Court (ages 11-13) Reservations required.</div> <div><div></div> Group Exercise Classes (free to members)</div> <div><div></div> New/Special Programming</div> <div><div></div> Open Court</div> <div><div></div> Paid Programming</div> <div><div></div> Pickleball (free to members)</div> <div><div></div> YMCA Children's Center Services</div>
Schedule subject to change due to school holidays and special events. Visit bit.ly/mcgawslc for the latest schedule updates.	Join our TeamReach "McGaw YMCA Pickleball" group using code YMpickle for court status updates.