



Sebring-Lewis Center Basketball Gym Schedule Gym Programs Schedule as of April 6

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	Beginner Pickleball Skills Clinic	Open Court	Pickleball	Open Court
9:00am-10:00am	Pickleball	Pickleball	Full Body Fit Cardio 9:00-9:45	Pickleball	Coming soon! Adult Recess FIT	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Grades K-1 Sports Club	Zumba 9:00-9:45		Zumba 9:00-9:45
10:00am-11:00am	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball Fit Class. Free to members.	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Preschool Sports Club	Grades K-3 Basketball Skills Academy	Sunday Play Day with Family Gym and More! 10:15-1:00	Preschool Tumbling
11:00am-12:00pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Grades K-1 Basketball League	Grades K-1 Basketball League		Beginner Pickleball Skills Clinic
12:00pm-1:00pm	Open Court	Pickleball	Intermediate Pickleball Skills Clinic	Pickleball	New/Beginner Pickleball Skills Clinic	Pickleball		YMCA Staff Pickleball	Pickleball Beg/Adv Beg Coached Skills + League	Open Court	Preschool Basketball Skills Academy + Games	Middle School Volleyball Skills Academy	Pickleball League Adv Beg/Low Int	
1:00pm-2:00pm	Open Court	Pickleball	Inter/Adv Pickleball Skills Clinic	Pickleball	Beg/Adv Beg Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Open Court	Open Court	Open Court		Open Court	
2:00pm-3:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Open Court	Open Court	Open Court	Beginner & Family Pickleball	Open Court	Grades 2-3 Basketball League
3:00pm-4:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Pickleball
4:00pm-5:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Children's Center Programming	Open Court	Open Court	Open Court	Middle School Open Court	Open Court	Pickleball	Open Court
5:00pm-6:00pm	Open Court	Middle School Open Court	Preschool Sports Club	Open Court	Preschool Soccer Skills Academy + Games	Open Court	Grades K-5 Basketball Skills Academy	Open Court		Open Court	Open Court	Coming soon! Adult Recess PLAY	Pickleball	
6:00pm-7:00pm	Open Court	Pickleball	Grades K-1 Sports Club	Pickleball	Grades K-1 Soccer Skills Academy + Games	Middle School Volleyball Skills Academy	Middle School Basketball Skills Academy + Games	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 League Inter 3.0-3.5	Pickleball League Inter 3.0-3.5		Intermediate Pickleball Skills Clinic			Open Court			

Sebring-Lewis Center Gymnasium Guidelines	
<p>Respect</p> <ul style="list-style-type: none"> * 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. <p>Clothing and Belongings</p> <ul style="list-style-type: none"> * 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. <p>Staff</p> <ul style="list-style-type: none"> * 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. 	<p>Equipment</p> <ul style="list-style-type: none"> * Use of a personal ball is allowed. There will be balls and other gym equipment available. <p>Age</p> <ul style="list-style-type: none"> * 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. <p>Program legend:</p> <ul style="list-style-type: none"> Family Programming Youth Open Court (ages 11-13) Reservations required. Group Exercise Classes (free to members) New/Special Programming Open Court Paid Programming Pickleball (free to members) YMCA Children's Center Services
<p>Schedule subject to change due to school holidays and special events. Visit bit.ly/mcgawslc for the latest schedule updates.</p>	<p>Join our TeamReach "McGaw YMCA Pickleball" group using code YMpickle for court status updates.</p>