

## Open Gym Rules

There are designated times for anyone interested in enjoying our gym in a fun, relaxing environment.

## General Rules and Information

- Horseplay or other unsafe behaviors is not permitted.
- Adhere to all rules set by Y Staff.
- Be sure to wear proper attire
- Please see program guide or gym wall for a complete list of rules

Please remember that our GYM is shared by programs, classes families, camp, and all our members

The Y holds priority over the gym schedule for programs such as camp or Child Care

The gym schedule is subject to change without notice due to weather, special events and/or gym rentals.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, Social Media, and Rained Out (See Front Desk for this information)

## GYM HOURS

Monday-Friday 5:30am - 8:30pm

Saturdays 8:00am - 4:30pm

Sundays 12:00pm- 4:30pm

\*FEES and REGISTRATION required for sports programs

\*\*Soccer will be indoors on Sundays in the case of bad weather.

## Sports DEPARTMENT

570-421-2525 x. 139

sports@poconoyymca.org

**Sports Director**  
**Mike Schaefer**

## MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and social responsibility.



**POCONO FAMILY YMCA**  
809 Main Street  
Stroudsburg, PA 18360  
P 570 421 2525

[www.poconoyymca.org](http://www.poconoyymca.org)



**POCONO FAMILY YMCA**  
809 Main Street, Stroudsburg, PA 18360 570.421.2525

# GYM SCHEDULE

# EVERYONE IS WELCOME IN OUR GYM!

Please remember that our GYM is shared by sports, programs, classes, families, camp, and all our members

The Y holds priority over the gym schedule for programs such as Sports, SACC, or Child Care

The gym schedule is subject to change without notice due to weather, special events and/or gym rentals.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, Social Media, and Rained Out (See Front Desk for this information)

## GYM HOURS

Monday-Friday 5:30am - 8:30pm

Saturdays 8:00am - 4:30pm

Sundays 12:00pm- 4:30pm

\*FEES and REGISTRATION required for sports programs

**THE GYM IS CLOSED DURING  
ALL SPORTS/CHILD CARE TIMES.**

**NO EXCEPTIONS!!!!!!!**

# GYM SCHEDULE

## JANUARY 1ST – MARCH 1ST, 2020

### MONDAY

5:30 am - 8:45 am Open Gym  
9:00 am - 10:00 AFEP  
10:30 am - 11:30 am Zumba  
11:30 am - 1:00 pm LCC P.E  
1:15 pm - 3:45 pm Open Gym  
4:00 pm - 6:00 pm SACC  
6:30 pm - 8:30pm Special Olympics

### TUESDAY

5:30 am - 8:45 am- Open Gym  
9:00 am - 10:00 am- ZUMBA TONING  
10:15 am - 3:45 pm- Open Gym  
4:00 pm -6:00 pm- Fencing/SACC  
6:00 pm -9:00 pm- Tennis Lessons

### WEDNESDAY

5:30 am - 8:45 am- Open Gym  
9:00am -10:00am - AFEP  
10:15am- 3:45pm - Open Gym  
4:00 pm - 6:00 pm- SACC  
6:00 pm - 8:30 pm- Flag Football Lessons



### THURSDAY

5:30 am - 9:45 am- Open Gym  
10:00 am - 11:00 am - STRETCH AND TONE  
11:30 am - 1:00 pm- LCC P.E  
1:15 pm - 3:45 pm - Open Gym  
4:00 pm - 5:45 pm- Fencing Program  
6:00 pm - 8:30 pm- Open Gym

### FRIDAY

5:30 am - 8:45 am- Open Gym  
9:00 am - 10:00 am- CYCLE 30  
10:00 am - 11:00 am- ZUMBA GOLD  
11:30 am- 1:00 pm- LCC P.E  
1:15 pm- 3:45 pm- Open Gym  
4:00 pm - 6:00 pm- SACC  
6:15pm - 8:30pm Open Gym

### SATURDAY

8:00 am - 9:30am Open Gym  
10:00 am - 3:00 pm Basketball Session\*  
3:15 pm - 4:30 pm Open Gym

### SUNDAY

12:00 pm - 1:45pm Open Gym  
2:00 pm-5:00pm Soccer Lessons

\*\*\* Break Times built into the schedule are for transition purposes,.

If you have any questions, please see the Manager on Duty or the Front Desk.