



Rochester Area Family YMCA Gyms Schedules

June 1st-Sept. 3rd, 2010



South Gym Schedule							RED & BLUE GYMS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardiac Group 4:45 AM-8:30 AM		Cardiac Group 4:45 AM-8:30 AM		Cardiac Group 4:45 AM-8:30 AM			Open Gym 4:45 AM-6:30AM	Open Gym 4:45 AM-6:30AM	Open Gym 4:45 AM-6:30AM	Open Gym 4:45 AM-6:30AM	Open Gym 4:45 AM-6:30AM		
							6:30AM-9:00AM Red & Blue Gyms are reserved for our Summer Campers.						
							Open Gym 9:00AM-11:00AM		Open Gym 9:00AM-11:00AM		Open Gym 9:00AM-11:00AM		
Youth & Family Open Gym 8:30 AM-9:45PM	Youth & Family Open Gym 5:00 AM-5:30 PM	Youth & Family Open Gym 8:30 AM-6:00PM	Youth & Family Open Gym 5:00 AM-7:30PM	Youth & Family Open Gym 8:30 AM-8:45 PM	Youth & Family Open Gym 12:00 PM-5:45PM	Youth & Family Open Gym 11:00 AM-4:45 PM	Adult/Teen Basketball 11:00 AM-2:00 PM	Open Gym 9:00AM-9:45 PM	Adult/Teen Basketball 11:00 AM-2:00 PM	Open Gym 9:00AM-9:45 PM	Adult/Teen Basketball 11:00 AM-2:00 PM	Open Gym 7:30 AM-5:45PM	Open Gym 11:00 AM-4:45 PM
4:00-6:30PM Monday through Friday, we reserve this gym for our camp program if there is inclement weather.													
							5:30-7:30PM Monday through Friday, we reserve this gym for our youth sports programs in case of inclement weather.						
	Community Fitness Group 6:00PM-9:00PM	Youth & Family Open Gym 7:30-PM 9:45PM	Youth & Family Open Gym 9:00 PM-9:45 PM										
Gym Closes 15 Minutes Prior to Building Closing.							Gym Closes 15 Minutes Prior to Building Closing.						

Rochester Area Family Y CODE OF CONDUCT

At the Rochester Area Family Y, we expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others.

At the Rochester Area Family Y we demonstrate Respect, Responsibility, Caring and Honesty by:

- * Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
 - * Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
 - * Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
 - * Respecting the property of others; never engaging in theft or destruction.
 - * Creating a safe, caring environment; never carrying illegal firearms or devices.
 - * Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
 - * Supervising and being responsible for any children or guests that you bring into the facility.
- " Providing for the physical, mental and spiritual well-being of the individual, family and community."

Adherence to the YMCA Code of Conduct and regulations is essential.

Noncompliance will result in suspension or termination of your Rochester Area Family Y membership privileges.

Kids Gym Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Time 4:45 AM-9:00 AM	Family Time 4:45 AM-9:00 AM	Family Time 4:45 AM-9:00 AM	Family Time 4:45 AM-9:00 AM	Family Time 4:45 AM-9:00 AM		
					Family Time 7:30-8:30 AM	
Kids Care 9:00 AM-1:00 PM	Kids Care 9:00 AM-1:00 PM	Kids Care 9:00 AM-1:00 PM	Kids Care 9:00 AM-1:00 PM	Kids Care 9:00 AM-1:00 PM	Kids Care 8:30 AM-12:00 PM	
						Family Time 11:00 AM-4:45 PM
Family Time 1:00 PM-4:00 PM	Family Time 1:00 PM-4:00 PM	Family Time 1:00 PM-4:00 PM	Family Time 1:00 PM-4:00 PM	Family Time 1:00 PM-8:45 PM	Family Time 12:00 PM-5:45PM	
Kids Care 4:30 PM-7:30 PM	Kids Care 4:30 PM-7:30 PM	Kids Care 4:30 PM-7:30 PM	Kids Care 4:30 PM-7:30 PM	Kids Care 4:30 PM-7:30 PM		
Family Time 7:30-9:45 PM	Family Time 7:30-9:45 PM	Family Time 7:30-9:45 PM	Family Time 7:30-9:45 PM			
Gym Closes 15 Minutes Prior to Building Closing.						