



# NAIK FAMILY YMCA GYMNASIUM SCHEDULE

## WINTER SESSION

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF	FRONT HALF	BACK HALF
OPEN GYM 5:00AM-8:30AM		OPEN GYM 5:00AM-8:15AM		OPEN GYM 5:00AM-8:30AM		OPEN GYM 5:00AM-8:15AM		OPEN GYM 5:00AM-8:30AM		<b>FACILITY HOURS</b> MONDAY-FRIDAY: 5AM-10PM SATURDAY-SUNDAY: 6AM-6PM			
SENIOR WELLNESS 8:45-9:30AM		CROSS CONDITIONING 8:30-9:30AM		SENIOR WELLNESS 8:45-9:30AM		CROSS CONDITIONING 8:30-9:30AM		SENIOR WELLNESS 8:45-9:30AM		OPEN GYM 5:00AM-10:00AM		OPEN GYM 5:00AM-12:00AM	
OPEN GYM 9:45AM-12:00PM		OPEN GYM 9:45AM-10:45AM LITTLE DUNKERS 11:00-11:45AM		OPEN GYM 9:45AM-12:00PM		OPEN GYM 9:45AM-10:45AM ROOKIE SPORTS 11:00-11:45AM		OPEN GYM 9:45AM-12:00PM		FLAG FOOTBALL 10:00-11:00AM GAME ON 11:15-12:15PM			
OPEN FAMILY GYM 12:00-2:00PM		OPEN FAMILY GYM 12:00-2:00PM		OPEN FAMILY GYM 12:00-2:00PM		OPEN FAMILY GYM 12:00-2:00PM		OPEN FAMILY GYM 12:00-2:00PM		OPEN TEEN 12:00-5:30PM	OPEN FAMILY 12:00-5:30PM	OPEN TEEN 12:00-5:30PM	OPEN FAMILY 12:00-5:30PM
OPEN TEEN 2:00-6:00PM	OPEN FAMILY 2:00-6:00PM	OPEN TEEN 2:00-6:00PM	OPEN FAMILY 2:00-6:00PM	OPEN TEEN 2:00-5:00PM	OPEN FAMILY 2:00-5:00PM	OPEN TEEN 2:00-6:00PM	OPEN FAMILY 2:00-6:00PM	OPEN TEEN 2:00-6:00PM	OPEN FAMILY 2:00-6:00PM				
		HOOPS ACADEMY 5:30-6:30PM		ADULT PICKLEBALL 5:00-6:30pm		HOOPS ACADEMY 5:30-6:30PM				<b>OCEAN COMMUNITY YMCA - MYSTIC BRANCH</b> *SCHEDULE IS SUBJECT TO CHANGE FOR Y EVENTS, BIRTHDAY PARTIES OR FACILITY RENTALS. CALL THE WELCOME CENTER TO CHECK WEEKEND RENTALS WINTER HOURS: M-F 5AM-10PM S&S 6AM-6PM (P) 860-536-3575 (W) OCEANCOMMUNITYYMCA.ORG			
MENS BASKETBALL LEAGUE 6:00-9:30PM		SLO-BREAK LEAGUE 7:00-9:30PM		OPEN VOLLEYBALL 6:30-9:30PM		MEN'S BASKETBALL LEAGUE 6:00-9:30PM		OPEN FAMILY GYM 5:00-9:30PM					



## Ocean Community YMCA - Naik Family YMCA Gymnasium Rules

### General Rules

1. Everyone must check in at the Welcome Center.
2. No food or drink allowed in the gym, except water in plastic bottles.
3. An adult must accompany anyone under the age of 12.
4. The emergency exits are for emergencies only and must stay closed.
5. No dunking or grabbing nets.
6. Appropriate footwear and athletic attire must be worn in the gym.
7. Non-compliance to YMCA rules is reason for membership suspension or termination.
8. All YMCA Directors and Directors on Duty have the right to ask you to leave the facility if and when YMCA rules are broken.

### Open Gym Rules

1. Open Family Gym is intended for adults and children to enjoy activities as a family
2. Open Teen Gym is intended for Youth ages 12-17. Gym Supervisor will make final decision on organized games.
3. Full court adult basketball is not allowed during these time blocks
4. Open Gym is for all member use. Full court games are not allowed during these time blocks.

### Open Adult Basketball Rules

1. Open Adult Basketball is for ages 18 and up.
2. Teams are chosen by "Free Throw" method. All new arriving players have free throw priority over players who have just played.
3. If more than 16 players are in the gymnasium, two games must be played using half court.
4. First 10 or 16 players to make free throws are first to play.
5. All games are played to 11 points. Teams are responsible for calling their own fouls.
6. Winning teams stays for a maximum of 3 consecutive games. After three wins, two new teams play next game.
7. If majority of participants want to play full court it will be arranged and individuals may shoot on side hoops during full court play with caution. Gym supervisor has final say on all decisions.

