

Heart of the Valley YMCA

VAN HOOFF GYMNASIUM GYM A (front)

October 29 - December 23, 2007

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	Open Gym 5:00-12:00 O P E N	Open Gym 5:00-12:00 O P E N	Open Gym 5:00-8:45	Open Gym 5:00-12:00	Open Gym 5:00-12:00 O P E N	Open Gym 6:00 - 8:15 Youth Basketball 8:15-4:00 Dates: Nov 17, Dec 1, Dec 8, Dec 15		
9:00			Jr Fitness 8:45-9:30	Jr Fitness 9:00-9:45				
10:00			OPEN GYM 9:30-12:00	OPEN GYM 9:45-12:00				
11:00								
12:00	ADULT BASKETBALL 12:00-1:00	ADULT BASKETBALL 12:00-1:00	ADULT BASKETBALL 12:00-1:00	ADULT BASKETBALL 12:00-1:00	ADULT BASKETBALL 12:00-1:00		O P E N G Y M	
1:00	Open Gym 1:00-10:00 O P E N	Open Gym 1:00-10:00 O P E N	Open Gym 1:00-10:00 O P E N	Gym & Swim 1:15-2:00	Open Gym 1:00-10:00 O P E N			
2:00				Open Gym 2:00-10:00				
3:00								
4:00								
5:00								
6:00	GYM ###	GYM ###	GYM ###	GYM ###	GYM ###			
7:00								
8:00								
9:00								

Open Gym - The gym is available for open shooting only, cross court basketball not allowed

Adult Basketball - (18 years & older) full court games - see gym rules

Basketball rules:

- 1) Full court or 2 half games depending on # of participants waiting
- 2) Play two games (win or lose) then rotate
- 3) All games to 11 points (win by 2 to 15)
- 4) Unsportsman like conduct, foul language & cheating not tolerated

###The gym is reserved for Youth/Teen Night from 6:00 to 9:30 p.m. Nov 2 & 16 and Dec 7 & 21

***The whole gym is reserved from 8:15 a.m. - 4:15 p.m. on Nov 17, Dec 1, 8, 15 for Basketball

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VAN HOOFF GYMNASIUM GYM B (back)

October 29 - December 23, 2007

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Open Gym 5:00-12:00	Open Gym 5:00-12:00	Open Gym 5:00-10:30	Open Gym 5:00-12:00	Open Gym 5:00-9:30	Open Gym 6:00 - 9:15	
9:00	Kidz Korner 9:00-10:00	Kidz Korner 9:00-10:00	Kidz Korner 9:45-10:15	Kidz Korner 10:00-11:00	Sports Lead Up 9:30-10:30	Youth Basketball 8:15-4:00 Dates: Nov 17, Dec 1, Dec 8, Dec 15	Open Gym 9:00 - 6:00
10:00			Kinder Sports 10:30-11:30		Open Gym 10:30-12:00		O P E N G Y M
11:00			Open Gym				
12:00	Adult Basketball 12:00-1:00	Adult Basketball 12:00-1:00	Adult Basketball 12:00-1:00	Adult Basketball 12:00-1:00	Adult Basketball 12:00-1:00		
1:00	Sports Lead Up 1:00-2:00	Open Gym 1:00-7:30	Open Gym 1:00-4:15	Open Gym 1:00-4:15	Open Gym 1:00-10:00		
2:00	Open Gym 2:00-4:15	O P E N G Y M	O P E N	O P E N	O P E N		
3:00							
4:00	My Favorite Sports 4:15-5:15	G Y M	Jr Action Sports 4:15-5:15	Dodgeball 4:15-5:00	G Y M		
5:00							
	Open Gym		Open Gym	Open Gym 5:00-7:30			
6:00	PC Sports Class 6:00-6:45		Sports Lead Up 6:00-7:00				
7:00	Open 6:45-7:30		Open Gym		###		
8:00	Adult Pick Up Basketball 7:30-10:00	Adult Pick Up Basketball 7:30-10:00	Adult Pick Up Basketball 7:30-10:00	Adult Pick Up Basketball 7:30-10:00			
9:00							

Open Gym - The gym is available for open shooting only, cross or full court basketball not allowed

Youth Pick up Basketball - (17 & under) cross court games

Adult Basketball - (18 years & older) cross court games

Parent/Child Open Gym - Hoops will be lowered for children 7 years old and younger

Pick Up Basketball rules:

- 1) Cross court games only
- 2) Play two games (win or lose) then rotate
- 3) All games to 11 points (win by 2 to 15)
- 4) Unsportsman like conduct, foul language & cheating not tolerated
- 5) Shoot for teams

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***The whole gym is reserved from 8:15 a.m. - 4:15 p.m. on Nov 17, Dec 1, 8, 15 for Basketball