



SOUTHWEST YMCA BIG GYM SCHEDULE

Gym Rules

- Youth ages 7 and under, must have a guardian (age 19 or older) accompany them in the gym.
- Only Water, in a closed non-glass container, allowed in gym.
- Food must be kept in the lobby. Food is not allowed in the gym.
- Shirts and shoes must be worn at all times.
- Hoops may be lowered during Family Gym time only.
- Families with youth will have priority during Family Gym time.
- Dunking and hanging on the net is not allowed.
- Please respect those around you. Please use appropriate language.
- Nooners Basketball is for adults, 19 and older, can play pick up basketball.