


YWCA Elmira Gym Schedule

Winter One 2018

January - April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Walking 7:30am-9:00am	Wellness Walking 7:30am-9:00am	Wellness Walking 7:30am-9:00am	Wellness Walking 7:30am-9:00am	Wellness Walking 7:30am-9:00am	Open Gym (All Ages) 10:15am -1pm
Open Gym 9:00am-12:00pm	Silver Foxes 9:00am-10:00am	Open Gym 9:00am-12:00pm	Silver Foxes 9:00am-10:00am	Open Gym 9:00am-12:00pm	
	Open Gym 10:00am-12:00pm		Open Gym 10:00am-12:00pm		
Noon Time Walkers 12:00pm - 1:00pm	Noon Time Walkers 12:00pm - 1:00pm	Noon Time Walkers 12:00pm - 1:00pm	Noon Time Walkers 12:00pm - 1:00pm	Noon Time Walkers 12:00pm - 1:00pm	
	Noon Time Walkers 12:00pm - 1:00pm		Noon Time Walkers 12:00pm - 1:00pm		
UPK 1:00pm - 2:00pm	UPK 1:00pm - 2:00pm	UPK 1:00pm - 2:00pm	UPK 1:00pm - 2:00pm	UPK 1:00pm - 2:00pm	
Open Gym 2:00pm - 3:30pm	Open Gym 2:00pm - 3:30pm	Open Gym 2:00pm - 3:30pm	Open Gym 2:00pm - 3:30pm	Open Gym 2:00pm - 3:30pm	
Kids World 330pm-430pm	RENTED	Kids World 3:30pm-4:30pm	Kids World 3:30pm-4:30pm	Kids World 3:30pm-4:30pm	
RENTED		RENTED	Teen Open Gym (Ages 13-19) 4:30pm - 7:00pm	Teen Open Gym (Ages 13-19) 4:30pm -7:00pm	



Welcome to the YWCA Elmira Gymnasium! We hope you enjoy your experience with us. Below are some gym guidelines to help ensure everyone is safe and has fun.

Please be respectful of each other and the equipment.

Please use respectful language when in the gym and throughout the YWCA Facility.

Please keep the gym bathroom and gymnasium clean and picked up.

You are more than welcome to use the fans around the gym but cannot open emergency exit doors.

If Gym outlets or lights need to be turned on, please ask the front desk staff for assistance.

Food and Glass objects are prohibited in the gym.

Please wear athletic laced up foot wear and shirt.

To prevent loss or damage please refrain from wearing jewelry.

The YWCA Elmira is not responsible for lost or stolen articles.

Report all losses and/or injuries to the Front Desk staff.

Children under 13 must be accompanied by an adult.

No hanging on Rims or pulling on nets (this includes dunking)

No skate boards or roller blades and wheels that mark the floor

The YWCA Elmira Gym schedule is subject to change. Programs, rentals and weather have an effect on the gym schedule. Please check our website or call the YWCA if you have any questions on the gym schedule.

~Management~