



SEBRING LEWIS CENTER

January 7th- January 13th

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	North	South	North	South	North	South	North	South	North	South	North	South	North	South		
5		OPEN 5-6a		OPEN GYM 5-6:30a		OPEN 5-6a		OPEN GYM 5-6:30a		OPEN 5-6a						
6		Basic Training 6-7a		OPEN GYM 5-7a		Basic Training 6-7a		OPEN GYM 5-7a		Basic Training 6-7a						
7		OPEN GYM 7a-3:30p		Floor Cleaning		OPEN GYM 5a-8:15a		Floor Cleaning		OPEN GYM 7-9a						
8				Floor Cleaning							Tod/Pre G&S 9:30-10a				OPEN GYM 7-9:15a	
9					Setup						Set up				Set Up	
10					CC Gym 9:30-10a						Family Fun Gym 10:30a-12p				ZUMBA 9:30-10:30a	Family Fun Gym 9:30-11:30a
11					Toddler Play 10:15-10:55a						Take down				OPEN GYM 10:30a-12p	
12					CC Gym 11a-12p										PLACEMENTS 6-8th Bball League 1-3p	PLACEMENTS 6-8th Bball League 1-3p
1					Take Down										Staff Meet	
2					OPEN GYM 12:30-3:30p										PLACEMENTS 6-8th Bball League 1-3p	PLACEMENTS 6-8th Bball League 1-3p
3															Staff Meeting Set up	
4			Beacon Bball Practice 3:45-7pm		Beacon Bball Practice 3:45-7pm							Beacon Bball 3:45-5p			OPEN GYM 3:30-6:45p	Men's Bball League 3-6p
5		Set Up Adult Volleyball 6-9p		Beacon Boys Game vs Lycee 5-7p						Beacon Bball 3:45-5:30p			Family Fun Gym 4:30-6:30p			
6				OPEN GYM 7-9p										Take Down	Take Down	
7				OPEN GYM 7-9p												
8				OPEN GYM 7-9p												
9		ADULT OPEN 9-9:45p		ADULT OPEN 9-9:45p						ADULT OPEN 9-9:45p						
				ADULT OPEN 9-9:45p						ADULT OPEN 9-9:45p						

PLEASE ABIDE BY THE FOLLOWING WHEN USING THE SEBRING LEWIS CENTER GYMNASIUM:

For more information check the Guide!

NO DUNKING PERMITTED ON THE RIMS

SHIRT & GYM SHOES MUST BE WORN ON THE COURT NO BOOTS

FOR OPEN GYM TIME 30 PEOPLE PER COURT IS THE MAXIMUM

PLEASE NO FOOD IN THE GYM AND ALL LIQUIDS MUST HAVE A SECURE LID

PLEASE SEE A GYM STAFF FOR A LOCK TO SAFELY SECURE YOUR VALUABLES WHILE IN THE GYM

SEE GYM FLOOR WILL BE CLEANED TUESDAY/THURSDAY MORNINGS

GYM SCHEDULE DETAILS:

FAMILY FUN GYM - Is a time for ADULT CAREGIVERS and children to play together & all children must be accompanied by an adult

ALL YOUTH UNDER THE AGE OF 11 MUST BE ACCOMPANIED BY AN ADULT 16 YEARS OR OLDER WHILE IN THE GYM AT ALL TIMES

ADULT OPEN- IS FOR ANYONE OVER 17 YEARS OF AGE AND OLDER & A REMINDER THAT CURFEW IN EVANSTON IS 10p FOR ANYONE UNDER THE AGE OF 17 years M-TH INDIVIDUALS UNDER THE AGE OF 17 MUST CLEAR THE GYM FOR ADULT OPEN TIMES

THE SLC GYM WILL BE CLOSED AUGUST 25th-29th FOR ANNUAL MAINTENANCE

ACTIVITIES IN BOLD ARE FREE AND OPEN TO OUR MEMBERS

Schedule subject to change. Check the Y APP for updated information. Or www.mcawymca.org