



# SEBRING LEWIS CENTER

September 23rd-29th

	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						
6					OPEN GYM 5a-8:15a	Basic Training 6-7a	OPEN GYM 5-7a							
7							Floor Cleaning					OPEN GYM 6a-8:30a		
8					ZUMBA 8:30-9:30a							Set up	OPEN GYM 7-9:15a	OPEN GYM 7-9a
9	OPEN GYM 5a-5:30p	OPEN GYM 5a-3:15p	OPEN GYM 5a-4:30p	OPEN GYM 5a-3:15p					OPEN GYM 5a-9p	OPEN GYM 5a-4:15p		Vortex Vball Practice 9-11a	ZUMBA 9:30-10:30a	Family Fun Gym 9:30-11:30a
10					OPEN GYM 9:30a-4:30p	OPEN GYM 7a-3:15p	OPEN GYM 7:30a-9p	OPEN GYM 7a-3:15p						Take Down
11														
12														
1														
2														
3		Set up Beacon Girls Vball 3:45-5:30p		Set up Beacon Girls Vball 3:45-6:30p		Set up Beacon Girls Vball 3:45-6:30p		Set up Beacon Girls Vball 3:45-4:45p						Set Up
4			Set up CC Schools Out 4:45-5:45p	Game vs Rochelle	Set up CC Schools Out 4:45-5:45p			Take down		Set up FAMILY FUN GYM 4:45-6:45p				Men's Bball League 3-6p
5		Reset	Take down	Open Gym 6-9pm	Set up Vortex Vball 6-10pm			Open Gym 5p-9p						
6	Set up			Take down Women's Pick up Bball 7-9pm									Take Down	Take Down
7	Adult Open Volleyball 6-9pm	Vortex Vball 6-10pm												
8														
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	ADULT OPEN 9-9:45p	ADULT OPEN 9-9:45p		OPEN GYM 7-9p		

**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**

**ACTIVITIES IN BOLD ARE FREE AND OPEN TO OUR MEMBERS**

Schedule subject to change. Check the Y APP for updated information. Or [www.mcgawymca.org](http://www.mcgawymca.org)