



SEBRING LEWIS CENTER

September 9th-15th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday													
North	South	North	South	North	South	North	South	North	South	North	South	North	South												
OPEN GYM 5a-5:30p	OPEN GYM 5a-3:15p	OPEN GYM 5a-4p	OPEN GYM 5a-3:15p	OPEN GYM 5a-8:15a	OPEN 5-6a Basic Training 6-7a	OPEN GYM 5-7a	OPEN GYM 5-6:30a	OPEN GYM 5a-9p	OPEN GYM 5a-4:15p	OPEN GYM 6a-6:45p	Set up Vortex Vball Practice 9-11a Take Down MetroSqaush 11:15-12p OPEN GYM 12-4p	ZUMBA 9:30-10:30a	OPEN GYM 7-9:15a												
					Floor Cleaning		Floor Cleaning							OPEN GYM 7-9a	OPEN GYM 7-9a										
					ZUMBA 8:30-9:30p		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 Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p	Set up Beacon Girls Vball 3:45-4:45p
					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 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p
					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 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p	Set up Beacon Girls Vball 3:45-6:30p
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Set up	Reset	Take down	Take down	Take down	Take down	Take down	Take down	Take down	Take down	Take down	Take down	Take down	Take down												
Adult Open Volleyball 6-9pm	Vortex Vball Tryouts 6-10pm	Open Gym 6-9pm	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	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

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