



Sebring-Lewis Center Basketball Gym Schedule
2021 Fall Gym Schedule
September 19th - November 14th

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	
6:00am-7:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	
7:00am-8:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	
8:00am-9:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Zumba	Open Court	Open Court	
9:00am-10:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	3-5 yr old SAS 9:30-10:15a	Open Court	Zumba	Family Gym 9am - 12pm	
10:00am-11:00am	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	k-5 Bball Clinic 10:30-11:30a	6-8 Bball Clinic 10:30-11:30a	Open Court		
11:00am-12:00pm	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Open Court	Open Court		
12:00pm-1:00pm	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Pickleball Court	Open Court	Youth Open Court	Open Court	Youth Open Court	
1:00pm-2:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Youth Open Court	Open Court	Youth Open Court	
2:00pm-3:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Youth Open Court	Open Court	Youth Open Court	
3:00pm-4:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court		Open Court	HS Open Court	
4:00pm-5:00pm	Youth Sports Enrichments	School's Out 4:30-5:30p	Youth Sports Enrichments	School's Out 4:30-5:30p	School's Out 4:30-5:30p		Open Court 4-4:30p	Open Court 4-4:30p	Open Court	Open Court	Open Court	Open Court	Family Fun Gym 3-5:30p	Open Court	HS Open Court
5:00pm-6:00pm	Youth Open Court		Youth Open Court			Lights Out Vball 5-6p	K-5th bball Clinic 5-6p	Open Court	Open Court		Open Court				
6:00pm-7:00pm	Open Court	Adult Open Volleyball	Open Court	Youth Open Volleyball 5:45-7:30p	Open Court	Open Court	Open Court	6-8th bball clinic 6-7pm	Open Court	Family Fun Gym 5:30-7:30p					
7:00pm-8:00pm	Open Court	Adult Open Volleyball	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court						

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

Wellness screenings are conducted for all staff and participants.
 Masks are required for all staff and participants at all times.
 Use of a personal ball is allowed. There will be balls and other gym equipment available.
 Youth under the age of 14 must be accompanied by 1 adult member for Open Court.

No dunking is permitted on the rims.
 A shirt and gym shoes must be worn on the court. No boots or open-toe shoes.
 No food is permitted in the gym.
 Capacity is 30 members per court, unless otherwise stated or determined by staff.

GYM SCHEDULE DETAILS:

Disinfecting of high touch and common areas will take place throughout the day.

FAMILY GYM

Family Gym will be limited to 20 people per court.

Program serves adult members and children playing together. All children must be accompanied by an adult member.

YOUTH OPEN COURT

Designated for youth members between the ages of 11-14 or middle school students

Youth members ages 11-13 may use the SLC courts under the supervision of McGaw staff during the designated times to play or exercise freely or participate in enrichment activities such as 5 on 5 basketball, volleyball or other indoor sports and activities.

YOUTH ENRICHMENTS

Sports activities instructed by SLC Gym staff that will include skill development and organized games.

Activities will rotate between basketball, volleyball, flag football (weather permitting), floor hockey, fitness boot camp

Schedule subject to change. Check the website www.mcgawymca.org

Program legend:

- Family Gym or Children's Center
- Group Exercise Classes (free to members)
- High School Open Court
- Open Court
- Paid Programming
- Pickleball (free to members)
- Youth Open Court