

## Open Gym Rules

There are designated times for anyone interested in enjoying our gym in a fun, relaxing environment.

## General Rules and Information

- Horseplay or other unsafe behavior is not permitted.
- Adhere to all rules set by Y staff.
- Be sure to wear proper attire.
- Please see program guide or gym wall for a complete list of rules.

Please remember that our GYM is shared by programs, classes families, camp, and all our members.

The Y holds priority over the gym schedule for programs such as sports or child care.

The gym schedule is subject to change without notice due to weather, special events and/or gym rentals.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, social media, and Remind (see front desk for information)

***\*FEES and Registration required for sports programs***

## GYM HOURS

Monday- Friday 6:00 am - 8:00 pm  
Saturday 8:00 am - 1:45 pm  
Sunday Closed

## MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and social responsibility.

## Sports Department

570-421-2525 x 0100

sports@poconoyymca.org



Pocono Family YMCA  
809 Main St.  
Stroudsburg, PA 18360  
P: 570 421 2525  
[www.poconoyymca.org](http://www.poconoyymca.org)



**POCONO FAMILY YMCA**  
809 Main St. Stroudsburg, PA 18360 570.421.2525

**GYM**

**Aug 1st - Aug 31st**  
**SCHEDULE**

## EVERYONE IS WELCOME IN OUR GYM!

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**The gym is closed during all sports and childcare times.**

# GYM SCHEDULE

## Aug 1st- Aug 31st

### MONDAY

6:30 am - 12:00 pm Childcare  
12:15pm - 1:45 pm Pickleball  
2:00 pm - 3:15 pm Rec Sports Training  
3:30 pm - 6:00 pm Childcare  
6:30 pm - 8:00 pm Pocono Vipers

### TUESDAY

6:30 am - 8:45 am Childcare  
9:00 am - 10:10 am Pickleball  
10:20 am - 12:10 pm Childcare  
12:15 pm - 2:15 pm BPSC Pickleball  
2:20 pm - 3:20 pm Rec Sports Training  
3:30 pm - 6:00pm Childcare  
6:30 pm - 8:00 pm East Stroudsburg North Girls  
"Boxing in the Boxing Area 4PM & 5PM"

### WEDNESDAY

6:30 am - 8:45 am Childcare  
9:00 am - 10:20 am Pickleball  
10:30 am - 12:15 pm Childcare  
12:30 pm - 2:00 pm BPSC Pickleball  
2:10 pm - 3:15 pm Open Gym  
3:30 pm - 6:00 pm Childcare  
6:00 pm - 8:00 pm Pocono Jam

### THURSDAY

6:30 am - 8:45 am Childcare  
9:00 am - 10:20 am Pickleball  
10:30 am - 12:10 pm Childcare  
12:15 pm - 2:15 pm BPSC Pickleball  
2:20 pm - 3:20 pm Rec Sports Training  
3:30 pm - 6:00pm Childcare  
6:30 pm - 8:00 pm Pocono Vipers  
"Boxing in the Boxing Area 4PM & 5PM"

### FRIDAY

6:30 am - 8:45 am Childcare  
9:00 am - 10:20 am Pickleball  
10:30 am - 12:10 pm Childcare  
12:20 pm - 1:50 pm Pickleball  
2:00 pm - 3:15 pm Rec Sports Training  
3:30 pm - 6:00 pm Childcare  
6:30 pm - 8:00 pm Pocono Vipers

### SATURDAY

8:00 am - 10:45 am Adult Pickup Basketball  
11:00 am- 2:00 pm Skills & Drills  
\*\*Karate in aerobic studio 12:00 pm

