

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@poconoymca.org



Pocono Family YMCA
809 Main St.
Stroudsburg, PA 18360
P: 570 421 2525
www.poconoymca.org



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

GYM

Aug 16th - Aug 30th
SCHEDULE

EVERYONE IS WELCOME IN OUR GYM!

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The Gymnasium is closed to the public during Youth Sports and Childcare times.

GYM SCHEDULE

Aug 16th- Aug 30th

MONDAY

6:30 am - 10:30 am Summer Camp
10:40 am - 11:45 am Childcare
12:00 pm - 6:15 pm Summer Camp
6:30 pm - 8:00 pm Pocono Vipers

TUESDAY

6:30 am - 10:30 am Summer Camp
10:40 am - 12:00 pm Childcare LCC
12:15 pm - 6:00 pm Summer Camp
6:15pm - 8:00 pm Open Gym

WEDNESDAY

6:30 am - 10:30 am Summer Camp
10:40 am - 12:10 am Childcare LCC
12:15 pm - 5:45 pm Summer Camp
6:00 pm - 8:00 pm Pocono Jam

THURSDAY

6:30 am - 10:30 am Summer Camp
10:40 am - 12:00 pm Childcare
12:15 pm - 6:15pm Summer Camp
6:30 pm - 8:00 pm Pocono Vipers

FRIDAY

6:30 am - 10:15 am Summer Camp
10:20 am - 11:45 am Childcare
12:00 pm - 6:00pm Summer Camp
6:30 pm - 8:00 pm Pocono Vipers

SATURDAY

8:00 am - 10:50 am Adult Pickup Basketball
*11:00 am- 2:00 pm Skills & Drills

**Karate in aerobic studio 12:00 pm

