



Rye YMCA Open Gym Schedules

April 10 – June 18, 2023

GYM 1 – Front Court

BASKETBALL 16 & UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-8:30am 12:00pm-1:00pm ADULT OPEN BBALL 7:00-9:00pm	5:30am-8:30am 12:00am-1:00am 35 & UP ADULT BBALL 7:30pm-9:00pm	5:30am-8:30am 12:00pm-1:00pm ADULT OPEN BBALL 7:00pm-9:00pm	5:30am-8:30am 12:00pm-1:00pm ADULT OPEN BBALL 8:00-9:00	5:30am-8:30am 12:00pm-1:00PM	7:00AM-8:30AM	8:00am-8:45am Adult Open BBALL 1:00PM-4:00PM

FAMILY BASKETBALL- FAMILY MEMBERSHIP REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:00pm-7:00pm FAMILY BBALL	12:00pm-4:00pm FAMILY BBALL	

TEEN GYM TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MS open BBALL 6:00pm-7:00pm	2:30pm-3:30pm		2:15pm-3:30pm	2:15PM-3:15pm 7:00pm-9:00pm	4:00pm-6:00pm	4:00PM-6:00PM

GYM 2 – Back Court

BASKETBALL 16 & UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						8:00am-8:45am

FAMILY BASKETBALL / FAMILY SOFT PLAY- FAMILY MEMBERSHIP REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					SOFT PLAY 2:30pm-4:30pm	FAMILY BBALL 1:00pm-6:00pm

TEEN GYM TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

See back of schedule for gym rules and procedures. **Schedule subject to change without notice**

**RYE YMCA
GYM RULES**

GENERAL BASKETBALL RULES

1. Open to members ages 16 & up*
2. No food or drink in the gym (plastic water bottles are permitted)
3. Only athletic shoes on the gym floor
4. Gymnastics equipment and Gym Closet are off limits
5. Please put basketballs back on the rack when you are done playing

BASKETBALL GAME RULES

1. Full court games play to 11 points, win by 2
2. Field goals worth 1 point, beyond the arc worth 2 points, no free throws
3. Call your own fouls on offense. Respect the calls
4. If two or more teams are waiting, games play to 9, do not have to win by 2
5. With two or more teams waiting, any team that wins by three games in a row gives up the floor. Next two teams play. Three game winner plays after any waiting teams and before losing teams
6. Adult basketball is for members 18 & up*
7. 35 & up basketball is for members age 35 & up*
8. Teen Gym Time is for ages 12-17*

Family Basketball/Family Soft Play - Family Membership required

1. Please respect the authority of the gym supervisor
2. Parents must stay with your children at all times
3. Please be considerate of yourself and others
4. Please use sports equipment for its intended purpose

Open Pickleball- Membership required

1. Must sign up through Daxko to reserve your spot
2. \$5 per hour / per person playing
3. All players must have a current Rye Y membership
4. All players must be signed up to play each week

The Rye Y reserves the right to modify the rules at its discretion to ensure the safety of all members, guests and staff. Participants may be asked to leave the gym for inappropriate behavior or disrespect of the rules.