



PRINCETON FAMILY YMCA SPRING 1 SESSION 2017 POOL HOURS

Effective March 1st —March 31st 2017

Welcome Desk & Physical Facility - Fitzpatrick Wellness Center

Monday - Friday: 5:30am - 10:30pm
Saturday: 7:00am-8:00pm
Sunday: 9:00am - 8:00pm

Family Swim (All Ages)

Monday / Wednesday

6:45pm-7:30pm

Saturday:

12:45pm-2:30pm
5:00pm-7:00pm

Tuesday / Thursday

6:10pm-7:30pm

Sunday

2:30pm-5:30pm

Friday

6:25pm-7:30pm



Open Lap Swim Ages (12+)

***12-14 yrs. Must pass swim test & have guardian on pool deck**

Monday / Wednesday

3:30pm-6:45pm
6:45pm-7:30pm

Lanes

1
3

Tuesday / Thursday

6:10pm-7:30pm

Lanes

3

Friday

6:25pm-7:30pm

3

Saturday

12:45pm-4:00pm
5:00pm-7:00pm

2
2

Sunday

1:45pm-5:30pm

2

Adult Lap Swim (16+)



Monday /Wednesday

5:30am-9:30am
9:30am-11:30am
11:30am-1:30pm
1:30pm-3:30pm
1:30pm-3:30pm
7:30pm-10:15pm

Lanes

4
2
4
2
2
4

Tuesday / Thursday

5:30am-8:30am
8:30am-11:30am
11:30am-1:30pm
1:30pm-2:30pm
2:30pm-3:30pm
7:30pm-10:15pm

Lanes

4
2
4
1
2
4

Friday

5:30am-9:30am
9:30am-10:30am
10:30am-1:30pm
2:30pm-3:30pm
7:30pm-10:15pm

4
2
4
2
4

Saturday

7:00am-9:00am
7:00pm-7:45pm

4
4

Sunday

9:00am-11:00am
6:30pm-7:45pm

4
4

*Schedule last updated: **March 1st, 2017***

Please check our website for adjusted hours due to holidays.

Times are subject to cancellation to accommodate various programs/events – cancellations will be posted.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

January 2 - March 31, 2017

Schedule subject to change without notice - updated January 2, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM A (front court)	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	7:00 - 8:00am Open Gym	9:00am-8:00pm Open Gym
	8:00am-10:30pm OPEN GYM	8:00am-10:30pm OPEN GYM	8:00am-10:30pm OPEN GYM	8:00am-10:30pm OPEN GYM	8:00am-10:30pm OPEN GYM	8:00 - 3:00pm YMCA Youth Basketball League	
							3:00 - 8:00pm Open Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM B (back court)	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	5:30 - 8:00am Adult Pick-Up Basketball	7:00 - 8:00am Open Gym	9:00am-1:30pm Open Gym
	8:00 - 10:00am Open Gym	8:00 - 11:00am Open Gym	8:00 - 2:00pm The Lewis School Gym Class	8:00 - 11:00am Open Gym	8:00 - 12:00pm The Lewis School Gym Class	8:00 - 11:00am YMCA Youth Basketball League	1:30 - 4:30pm YMCA Sports Birthday Parties
	10:00 - 12:00pm The Lewis School Gym Class	11:00 - 12:00pm The Lewis School Gym Class	2:00 - 4:30pm Open Gym	11:00 - 12:00pm The Lewis School Gym Class	12:00 - 1:00pm Open Gym	11:00 - 8:00pm YMCA Fencing Class	4:30 - 8:00pm Open Gym
	12:00 - 1:00pm Open Gym	12:00 - 1:00pm Open Gym	5:30 - 8:30pm YMCA Youth Basketball League	12:00 - 1:00pm Open Gym	1:00 - 2:30pm The Lewis School Gym Class		
	1:00 - 4:30pm The Lewis School Gym Class	1:00 - 3:00pm The Lewis School Gym Class	8:30 - 10:30pm Open Gym	1:00 - 3:00pm The Lewis School Gym Class	5:30 - 8:30pm YMCA Youth Basketball League		
	4:30 - 10:30pm YMCA Fencing Class	3:00 - 10:30pm YMCA Fencing Class		3:00 - 10:30pm YMCA Fencing Class	8:30 - 10:30pm Open Gym		

OPEN GYM:

All players under 12 must be actively supervised by a parent/guardian

Gym is to be shared amongst all for basketball or open play
All gym rules apply

YMCA PROGRAMS OR GROUP USAGE:

Times are reserved for scheduled YMCA programs or rentals

The Y reserves the right to use the gym for Y events with or without notice, although we strive to provide at least one week's notice.

GYMNASIUM GUIDELINES

- The Gym rules are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area.
- Unsportsmanlike behavior and foul language will not be tolerated and is subject to loss of membership privileges or termination of participation.
- When a class or activity is not in session, it is considered Open Gym. No one person or group has exclusive or implied use of the gym in whole or in part. Please respect the times given on the posted schedule.
- The YMCA reserves the right to use the gym for YMCA events or programs with or without notice, although we strive to provide sufficient notification.
- The YMCA reserves the right to refuse access to anyone who isn't abiding by the rules or policies. The YMCA also reserves the right to amend the Gym Rules as needed.

BE CARING

- When programs are in progress please walk to the sides of the gymnasium.
- Sneakers only please.
- Please do not play or sit on any items or other equipment stored in the gymnasium.
- Report any concerns to the member service desk.

BE RESPECTFUL

- Please limit your play to one hoop so others can enjoy the gym as well.
- Swearing, fighting and other obscenities are strictly prohibited.
- Players may be dismissed immediately for policy violation with additional consequences to follow
- Children 12 years old and under must be accompanied by an adult at all times.
- No Shoes / No Shirt / No Gymnasium time.
- Water only, no food or other beverages allowed in the gymnasium.
- Misuse of equipment is prohibited.
- Basketballs are no to be dribbled anywhere in the building except for the gymnasium.
- Court preference always goes to the specified age group in the allotted time during the day.

BE RESPONSIBLE

- Put all trash and recyclables in proper containers.
- All injuries requiring first aid need to be reported to the member service desk.
- No hanging on the rim and structure supports!!!
- Please secure your personal items at all times. The YMCA is not responsible for lost or stolen items.

BE HONEST

- Help each other.
- Display good sportsmanship. No Trash Talk!
- Encourage each other.
- Play Fair.
- Have Fun!!!

TRAINING AND COACHING AT THE YMCA

Personal training or coaching for a fee at the YMCA is provided by YMCA employees only. As examples, this includes fitness training, swim coaching, and any type of sports coaching. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA for a fee to members or participants.

Due to liability issues and member experience concerns, the YMCA requires all trainers & coaches working within the building to be employed by the YMCA, maintain certification through a nationally recognized organization and meet specific academic requirements essential for quality personal training and coaching.

An individual may be seen as personal training coaching if he/she is:

- receiving payment for an exercise or coaching session
- designing a program or workout
- providing exercise, sports, or swim techniques

WHY NO OUTSIDE COACHING OR TRAINING?

The YMCA cannot adequately control the quality of training or coaching from individuals that are not employed by the YMCA. These individuals may not have adequate academic background, ability, training or experience to correctly train members. The YMCA is limited in its ability to regulate outside trainers in order to prevent or correct potential erroneous information or technique passed on to members.

Individuals not employed by the YMCA have not been trained by the YMCA on staff policies and procedures and therefore are unauthorized trainers in YMCA facilities. Additionally they have not completed a full background check which is required of all YMCA employees.

A legal liability arises for the YMCA if we are aware of outside trainers & coaches working within the YMCA, and profiting from the use of YMCA's equipment and facilities without consent violates the YMCA's non-profit status as a 501(c)3 organization.

Failure to comply with the Fee-Based Training and Coaching Policy is in direct violation of YMCA policy and may result in suspension or termination of YMCA membership privileges.

The use of the YMCA for outside training & coaching is in direct competition with the training and coaching services that the YMCA offers.

PRINCETON YMCA FACILITY HOURS

Monday - Friday: 5:45am-10:30pm

Saturday: 7:00am-8:00pm

Sunday: 11:00am-8:00pm

PLEASE REFER TO THE "FACILITY USAGE BY AGE" INFORMATION FOR MORE DETAILS

FACILITY USAGE BY AGE

Area	Unsupervised Ages	Supervised Ages	Not Allowed
Entry into the building	Members and guests of members ages 12 & up.	Children ages 0-11 years old must have guardian supervision at all times.	
Dodge Gymnasium (Basketball)	Members and guests of members ages 12 & up.	Members ages 0-11 years old must have guardian supervision at all times.	
Group Exercise Classes	Members and guests of members ages 13 & up.	Members 10-12 years old	Children 11 & under, unless participating in a teen or youth program.
Wellness Center	Members and guests of members ages 15 & up. Members 12-14 years old may use the Wellness Center after completing the Teen Orientation process.	Members 10-11 years old may use cardiovascular equipment only, with guardian supervision within the Wellness Center.	Children 9 & under.
Mathey Locker Room	Members and guests of members ages 18 & up.		Children and teens 17 & under
Child Watch	N/A	Children ages 6 months through 12 years old are supervised by YMCA staff.	Children under 6 months.
Adult Lap Swim	Members and guests of members ages 18 & up.		Children and teens 17 & under.
Family/Lap Swim	Members and guests of members ages 15 & up.	Members 6-14 years old must have adult supervision: in-water if deep water test is not passed; on-deck if deep water test is passed. 6 months-5 years old: in water supervision.	Children under 6 months.