



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

EAST COURT GYM SCHEDULE – EFFECTIVE SEPTEMBER 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5-11a	Full Court Basketball 5-8:30a	Full Court Basketball 5-8:30a	Full Court Basketball 5-8:30a	Open Gym 5-11a	Full Court Basketball 7a-12p	Open Gym 10a-6p
Crosscourt Basketball 11a-1:30p	Open Gym 8:30-11a	Open Gym 8:30-11a	Open Gym 8:30-11a	Crosscourt Basketball 11a-1:30p	Open Gym 12p-6p	
Open Gym 1:30-5p	Crosscourt Basketball 11a-1:30p	Crosscourt Basketball 11a-1:30p	Crosscourt Basketball 11a-1:30p	Open Gym 1:30-5p		
Crosscourt Basketball 5-10p	Open Gym 1:30-5p	Open Gym 1:30-5p	Open Gym 1:30-5p	Crosscourt Basketball 5-9p		
	Crosscourt Basketball 5-10p	Crosscourt Basketball 5-10p	Crosscourt Basketball 5-10p			

Please refer to the Gymnasium Rules and Schedule Descriptions document for more information and age requirements.

TELLEPSEN FAMILY DOWNTOWN YMCA

808 Pease Street
Houston, TX 77002
713-659-8501
ymcahouston.org/tellepsen-family



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WEST COURT GYM SCHEDULE – EFFECTIVE SEPTEMBER 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5-8:30a	Full Court Basketball 5-8:30a	Full Court Basketball 5-8:30a	Full Court Basketball 5-8:30a	Open Gym 5-8:30a	Full Court Basketball 7a-12p	Open Gym 10a-2p
Young Scholars PE 8:30-10:30a	Young Scholars PE 8:30-10:30a	Young Scholars PE 8:30-10:30a	Young Scholars PE 8:30-10:30a	Young Scholars PE 8:30-10:30a	Family Volleyball 12-2p	Family Basketball 2-6p
Adult Volleyball 10:30a-1:30p	Adult Basketball 10:30a-1:30p	Adult Volleyball 10:30a-1:30p	Adult Basketball 10:30a-1:30p	Adult Volleyball 10:30a-1:30p	Adult Volleyball 2-6p	
Open Gym 1:30-10p	Open Gym 1:30-4p	Open Gym 1:30-10p	Open Gym 1:30-4p	Open Gym 1:30-4p		
	Family Volleyball 4-7p		Family Volleyball 4-7p	Family Basketball 4-9p		
	Adult Volleyball 7-10p		Adult Volleyball 7-10p			

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GYMNASIUM RULES AND SCHEDULE DESCRIPTIONS

GYMNASIUM RULES

- Children under the age of 10 must be accompanied by an adult. No exceptions.
- Only court shoes, shoes with non-marking rubber soles, are permitted in the gym. Shoes must be worn at all times.
- The YMCA is a tobacco, alcohol, and weapon free facility. Violators will be asked to leave the premises.
- Abusive and profane language, derogatory gestures, and threatening behavior will not be tolerated.
- Water must be in a sealed container. Glass containers are not permitted.
- Please throw away trash and return used towels to an appropriate towel bin.
- Hanging on rims and nets is prohibited.
- Fighting will not be tolerated. Fights, physical violence, and threatening behavior will result in immediate dismissal, possible suspension or termination of YMCA membership and police intervention if necessary.
- The gym is restricted to YMCA members and registered guests. Guests must be appropriately registered at the Welcome Center. Unregistered guests will be asked to leave the premises and members responsible for unregistered guests are subject to suspension or termination of YMCA membership.
- Shirts, shorts/pants, and shoes must be worn at all times.

GYMNASIUM SCHEDULE DESCRIPTIONS

- **Open Gym** - Court is open to all members, children under the age of 10 must be accompanied by an adult. The volleyball net will not be available during this time, but volleying is permitted. Crosscourt basketball games are permitted and take precedent in the event 8 or more players are present, all members must be provided the opportunity to rotate games.
- **Crosscourt Basketball** - Court is open to all members, children under the age of 10 must be accompanied by an adult. Court is designated specifically for crosscourt basketball games. All members must be provided the opportunity to rotate games.
- **Full Court Basketball** - Court is open to members ages 21+, court is designated specifically for full court basketball games. Members 21+ must be provided the opportunity to rotate games.
- **Adult Basketball** - Court is open to members ages 21+, court is designated specifically for crosscourt basketball games. Members 21+ must be provided the opportunity to rotate games.
- **Family Basketball** - Court is open to all members, however children under the age of 10 must be accompanied by an adult. Court is designated specifically for family basketball activities or other family games. Goal height may be lowered upon request and staff availability.
- **Adult Volleyball** - Court is open to members ages 21+, court is designated specifically for competitive volleyball games. Members 21+ must be provided the opportunity to rotate games.
- **Family Volleyball** - Court is open to all members, however children under the age of 10 must be accompanied by an adult. Court is designated specifically for family volleyball activities or family games.

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411