



**West Gym**  
**West Gym @ Findlay YMCA Downtown Branch**  
 October 23rd - December 16th

300 E. Lincoln Street  
 FINDLAY, OH 45840  
 (419) 422-4424

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5:30am - 7am	Open Gym 5:30am - 7am	Open Gym 5:30am - 7am	Open Gym 5:30am - 7am	Open Gym 5:30am - 7am		
7am	CDC 7am - 11am	CDC 7am - 11am	CDC 7am - 11am	CDC 7am - 11am	CDC 7am - 11am	Youth Basketball League 7am - 5pm	
11am	Adult Noon Basketball 11:30am - 2pm	Adult Noon Basketball 11:30am - 2pm	Adult Noon Basketball 11:30am - 2pm	Adult Noon Basketball 11:30am - 2pm	Adult Noon Basketball 11:30am - 2pm		
1pm							Open Gym 1pm - 6pm
2pm	Open Gym 2pm - 5:30pm	Open Gym 2pm - 5:30pm	Open Gym 2pm - 5:30pm	Open Gym 2pm - 5:30pm	Open Gym 2pm - 6pm		
5pm	Youth Basketball League 5:30pm - 7:30pm	Youth Basketball League 5:30pm - 8:30pm	Youth Basketball League 5:30pm - 7:30pm	Youth Basketball League 5:30pm - 8:30pm			
6pm					Youth Basketball League 6pm - 8pm		
7pm	Adult Open Gym 7:30pm - 9:45pm		Adult Open Gym 7:30pm - 9:45pm				
8pm		Open Gym 8:30pm - 9:45pm		Open Gym 8:30pm - 9:45pm	Open Gym 8pm - 8:45pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

### Gym Rules & Etiquette

- **No food or drinks in the gym.**
- **No foul language.**
- **Leave outdoor footwear outside please!**
- **Children under 8 should be supervised at all times.**
- **Please return all equipment after use.**
- **No fighting or use of abusive language.**

### Early closures

In some instances, the gym may close 15 minutes prior to an activity starting to allow time for the safe set up of equipment.

Thank you in advance for  
 your cooperation.



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5am	Open Gym 5:30am - 9am	Open Gym 5:30am - 9am	Open Gym 5:30am - 9am	Open Gym 5:30am - 10am	Open Gym 5:30am - 3pm		
7am						Youth Basketball League 7am - 5pm	
9am	Senior In Motion 9:30am - 10:30pm		Senior In Motion 9:30am - 10:30am				
10am	Home School PE 10:45am - 11:30am						
11am	Open Gym 11:30am - 4:30pm	Open Gym 11:30am - 3pm	Open Gym 11am - 3pm	Open Gym 11am - 3pm			
1pm							Youth Soccer 1pm - 6pm
3pm		CDC 3pm - 5pm	CDC 3pm - 5pm	CDC 3pm - 5:30pm	CDC 3pm - 5pm		
5pm	Soccer Classes 5pm - 7pm	Insanity 5:30pm - 6:30pm	Youth Basketball Classes 5pm - 7:15pm		Open Gym 5pm - 8:45pm		
6pm				Youth Basketball League 6pm - 8pm			
7pm	Youth Basketball League 7pm - 9pm	Youth Basketball League 7pm - 9pm	Youth Basketball League 7pm - 9pm				
8pm				Open Gym 8pm - 9:45pm			
9pm	Open Gym 9pm - 9:45pm						

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