



# Dan McKinney Family YMCA GYMNASIUM SCHEDULE FALL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

|    | MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY  | SATURDAY                                   | SUNDAY  |
|----|---|---|---|---|---|--|---|
| 5  | <b>Open Gym</b><br>5:00-6:00 am                 | <b>Open Gym</b><br>5:00-6:00 am                 | <b>Open Gym</b><br>5:00-6:00 am                 | <b>Open Gym</b><br>5:00-6:00 am                 | <b>Open Gym</b><br>5:00-6:00 am               |  |   |
| 6  | <b>Adult Pick-Up Basketball</b><br>6:00-8:00am  | <b>Pick-Up Basketball</b><br>6:00-8:00am        | <b>Pick-Up Basketball</b><br>6:00-8:00am        | <b>Pick-Up Basketball</b><br>6:00-8:00am        | <b>Pick-Up Basketball</b><br>6:00-8:00am      |  |   |
| 7  |   |   |   |   |   |  |   |
| 8  | <b>Gym Closed (cleaning)</b><br>8:30-9:00 am    | <b>Gym Closed (cleaning)</b><br>8:30-9:00 am    | <b>Gym Closed (cleaning)</b><br>8:30-9:00 am    | <b>Gym Closed (cleaning)</b><br>8:30-9:00 am    | <b>Gym Closed (cleaning)</b><br>8:30-9:00 am  |  |   |
| 9  |   |   |   |   |   |  |   |
| 10 | <b>Adult Open Pickleball</b><br>9:00-11:45 am   | <b>Adult Open Pickleball</b><br>9:00-11:45 am   | <b>Adult Open Pickleball</b><br>9:00-11:45 am   | <b>Adult Open Pickleball</b><br>9:00-11:45 am   | <b>Adult Open Pickleball</b><br>9:00-11:45 am |  | <b>Pick-Up Basketball</b><br>7:00 am-12:00 pm |
| 11 |   |   |   |   |   |  |   |
| 12 | <b>Pick-Up Basketball</b><br>11:45am-1:15pm     |   | <b>Pick-Up Basketball</b><br>11:45am-1:15pm     |   | <b>Pick-Up Basketball</b><br>11:45am-1:15pm   |  |   |
| 1  | <b>Open Gym</b><br>1:15-3:00 pm                 | <b>Open Gym</b><br>11:45-3:00 pm                |   | <b>Open Gym</b><br>11:45-3:00 pm                | <b>Open Gym</b><br>1:15-3:00 pm               |  |   |
| 2  |   |   |   |   |   |  |   |
| 3  |   |   |   |   |   | <b>Youth Basketball</b><br>9:00 am-5:00 pm | <b>Youth Basketball</b><br>12:00-4:00 pm      |
| 4  | <b>Youth Sports</b><br>3:00-7:00 pm             | <b>Youth Sports</b><br>3:00-7:00 pm             | <b>Youth Sports</b><br>1:15-7:00 pm             | <b>Youth Sports</b><br>3:00-7:00 pm             | <b>Youth Sports</b><br>3:00-7:00 pm           |  |   |
| 5  |   |   |   |   |   |  | <b>Open Gym</b><br>4:00-6:00 pm               |
| 6  |   |   |   |   |   |  |   |
| 7  |   |   |   |   |   |  |   |
| 8  | <b>Adult Basketball League</b><br>7:00-10:00 pm | <b>Adult Volleyball League</b><br>7:00-10:00 pm | <b>Adult Basketball League</b><br>7:00-10:00 pm | <b>Adult Basketball League</b><br>7:00-10:00 pm | <b>Adult Futsal</b><br>7:00-9:00 pm           |  |   |
| 9  |   |   |   |   |   |  |   |
| 10 |   |   |   |   |   |  |   |

\*Schedule subject to change

Updated 8/28/19

[ymca.org/mckinney](http://ymca.org/mckinney)

## **Member Benefits**

**Pickleball:** Come out and try this increasingly popular sport that will provide you with a great workout while offering a very social and friendly game. Pickleball is a game played by 2 - 4 people on a badminton-sized court using paddles and a plastic ball. On Tuesday, Court 1 is designated for a beginner clinic from 9-10am. Equipment is provided.

**Pick Up Basketball:** Are you looking for a pickup basketball league? Interested in a setting that focuses on fellowship, exercise, and healthy competition? We have just what you're looking for! We offer a variety of pickup basketball options at the Y. Be sure to grab a wristband from the front desk to secure your spot in line for noon time hoops.

**Futsal:** Futsal is a version of indoor soccer on a hard court. We'll be playing pick-up futsal for ages +18 on Friday nights from 7-9pm. Tennis shoes are fine, and shin guards are optional (although recommended).

## **Adult Leagues:**

### **Basketball**

Monday Night "A" League-Very Competitive

Wednesday Night "B" League- Competitive

Thursday Night "C" League - Recreational

\$600 per team, 8 games, top 4 make playoffs, referee fees included.

### **Volleyball**

Tuesday Night 6v6 Coed League

\$600 per team, 8 games, top 4 make playoffs

## **Code of Conduct**

The YMCA of San Diego County is dedicated to providing a safe and welcoming environment for all its members and guests. The YMCA is an organization open to all people. We welcome and value individuals of all ages, races, ethnicities, religions, gender identities, abilities, and sexual orientations. To promote safety, all individuals are asked to act appropriately and follow the rules/guidelines at all times within our facility or when participating in our programs. We expect persons using the Y to act maturely, to behave responsibly, and to respect the rights and dignity of others.

The following actions listed below are behaviors considered inappropriate in our facilities and programs, and therefore not allowed. Please note this is not an exhaustive list.

- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive or offensive behavior-including angry or vulgar language, swearing name-calling or shouting