



Dan McKinney Family YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

*Schedule subject to change

Updated 1/06/19

ymcasd.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 9:00-10:00 am. The first Tuesday of the month register for a free pickleball clinic for members.

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 7:00-9:00 pm. Tennis shoes are fine, and shin guards are optional (although recommended).

Adult Leagues:

Basketball

Monday Night "A" League-Very Competitive

Thursday Night "C" League - Recreational

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

Volleyball

Wednesday 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