



**Glens Falls Family YMCA**

*We build strong kids, strong families, strong communities*

# Youth Fitness Room

## November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8am-4pm
2 11am-4pm	3 4pm-8pm	4 4pm-8pm	5 4pm-8pm	6 12pm-8pm	7 4pm-8pm	8 8am-4pm
9 11am-4pm	10 4pm-8pm	11 10am-8pm	12 4pm-8pm	13 4pm-8pm	14 4pm-8pm	15 8am-4pm
16 11am-4pm	17 4pm-8pm	18 4pm-8pm	19 4pm-8pm	20 4pm-8pm	21 4pm-8pm	22 8am-4pm
23 11am-4pm	24 4pm-8pm	25 4pm-8pm	26 10am-8pm	27 CLOSED	28 10am-8pm	29 8am-4pm
30 11am-4pm						

### Rules and guidelines

Please note: These rules are to be followed by all Staff members to insure the safety and wellbeing of **all** of our young members.

Each child **must** be **between the ages of 8-13** to play in this room.

There is family time available on Saturdays and Sundays from 12-4pm for parents to work out with their children ages 6-13. Children under the ages of 8 **MUST** be accompanied by an adult, not their older sibling.

Each child **must** be wearing sneakers!

All children are expected to behave in an appropriate manner. If a child is not able to follow the directions of the YMCA staff they will be asked to leave the fitness room.

Please remember that these rules are in place to insure the safety of all of our young members.

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