



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILAM FAMILY MULTI-PURPOSE CENTER SCHEDULE YMCA OF VINELAND **MAY 16TH – MAY 22ND**

Subject to Change without Notice

MONDAY 5/16	TUESDAY 5/17	WEDNESDAY 5/18	THURSDAY 5/19	FRIDAY 5/20	SATURDAY 5/21	SUNDAY 5/22
Open Gym / Walking Track 5:00am-6:15am	Open Gym / Walking Track 5:00am-6:15am	Open Gym / Walking Track 5:00am-6:15am	Open Gym / Walking Track 5:00am-6:15am	Open Gym / Walking Track 5:00am-6:15am	Open Gym 6:00am-9:00am	Full Court Basketball Games 9:00am-10:15am
Before & After Care Program 6:30am-8:30am (Curtain down/split gym)	Before & After Care program 6:30am-8:30am (Curtain down/split gym)	Before & After Care program 6:30am-8:30am (Curtain down/split gym)	Before & After Care program 6:30am-8:30am (Curtain down/split gym)	Before & After Care Program 6:30am-7:00am (Curtain down/split gym)	Open Gym (curtain down) 9:15am-12:30pm MPC CLOSED	Open Gym 10:30am-11:45am
Open Gym 8:45am-9:45am	Open Gym 8:45am-9:45am	Active Older Adults Walking Track 8:45am-9:45am	Open Gym 8:45am-9:45am	Open Gym 7:15am-9:45am		Pickleball ADVANCED MPC CLOSED 12:00pm-1:15pm
Preschool-P.E 10:00am-12:15pm MPC CLOSED	Preschool-P.E 10:00am-12:15pm MPC CLOSED	Preschool-P.E 10:00am-12:15pm MPC CLOSED	Preschool-P.E 10:00am-12:15pm MPC CLOSED	Preschool-P.E 10:00am-11:45pm MPC CLOSED	Open Gym 12:45pm-2:30pm	Pickleball BEGINNERS MPC CLOSED 1:30pm-2:15pm
Open Gym 12:20pm-2:45pm	Open Gym 12:20pm-2:45pm	Full Court Basketball Games 12:30pm-1:45pm	Open Gym 12:30pm-2:45pm	American Red Cross Blood Drive. 12:00pm-7:00pm MPC CLOSED		Open Gym 12:45pm-2:30pm
Before & After Care Program 3:00pm-5:15pm (Curtain down/split gym)	Before & After Care program 3:00pm-5:15pm (Curtain down/split gym)	Open Gym 2:00pm-2:45pm	Before & After Care program 3:00pm-5:15pm (Curtain down/split)		Open Gym 12:45pm-2:30pm	Pickleball MPC CLOSED 2:45pm-4:30pm
Open Gym 15 & Under & Families (Side A) 5:30pm-8:45pm	Open Gym 15 & Under & Families (Side A) 5:30pm-8:45pm	Open Gym (curtain down) (instructional Tennis/volleyball if inclement weather in play zone) 5:30pm-7:15pm MPC CLOSED	Open Gym 15 & Under & Families (Side A) 5:30pm-8:45pm	Open Gym (curtain down/split gym) 7:15pm-9:45pm	Open Gym (Curtain down/split gym) 4:45pm-5:45pm	YMCA CLOSES AT 5PM
Open Gym 16 & Over (Side B) 5:30pm-8:45pm	Open Gym 16 & Over (Side B) 5:30pm-8:45pm	Open Gym (Curtain down/split gym) 7:30pm-8:45pm	Open Gym 16 & Over (Side B) 5:30pm-8:45pm			
Open Gym 9pm-9:45pm	Open Gym 9pm-9:45pm	Open Gym 9pm-9:45pm	Zumba 7:15pm-8:45pm MPC CLOSED Open Gym 9pm-9:45pm		YMCA CLOSES AT 6PM	YMCA CLOSES AT 5PM

Family Open Gym is a recreational time for family members to enjoy any activity of their choice. – More time slots coming soon!
Open Gym may be used by any member. Please be respectful and caring of others who wish to share the space. NO Full Court. Please note the curtain may be dropped at any time without notice to split the Milam Family MPC.
Curtain Down/split gym – means the gym will be split into 2 to allow more members to share the Milam Family Multi-Purpose Center
Side A/Side B – Side A is located on the side closest to the main entrance while side B is closest to the fire exit/pool
15 & Under/16 & Over & Families – NEW – Kids ages 15 & Under will be split up on side A while Kids ages 16 and over will be on side B. In addition, Families will also get to utilize the side with 15 & under.



CUMBERLAND CAPE ATLANTIC YMCA MILAM FAMILY MULTIPURPOSE CENTER GUIDELINES AND UPDATED POLICIES (last updated March 2022)

- ALL children nine (9) and under must have a parent/adult guardian present and in the same room at all times during use. Non-members are not permitted in the facility at this time.
- During our revised guidelines, please refer to the Milam Family Multipurpose Center schedule (located outside the entrance, online at www.ccaymca.org, or in the front lobby flyer rack). This schedule will be updated weekly and is subject to change to reflect program time blocks for Group Exercise classes, Pickleball, Before and After Care Phys Ed classes.
- Prior to using the Milam Family Multipurpose Center all members MUST check in and complete our Health Screening at the Member Services Desk.
- Proper athletic attire MUST be worn. Clothing should not have offensive language or expose undergarments. Tops, bottoms, and shoes must stay on at all times. No black soled or street shoes are permitted.
- Food is not permitted in the Milam Family Multipurpose Center. Plastic bottled water is the only exception. All water bottle containers must have a secured, spill proof lid. Please recycle any used bottles or throw away any trash using the cans located outside of the Milam Family Multipurpose Center door.
- All personal items including jackets, additional layers of clothing, water bottles, cell phones, keys, or wallets/small handbags may be placed safely out of the way of members against the wall. Book bags, gym bags, large handbags ARE NOT PERMITTED in the Milam Family Multipurpose Center at any time. The YMCA is not responsible for lost or stolen items. Honesty is one of our core values. If you see an item that does not belong to anyone in the center, please turn it over directly to Member Services to be stored in our lost and found.
- Cell phone/camera use are NOT permitted in the MPC, this includes video recording or picture taking which could include other members without their consent, and/or personal conversations.
- For the safety and security of all members, if someone experiences a medical emergency, please do not attempt to move them. Find the nearest YMCA staff Member (Fitness Center/Pool/Member Services) and we will attend to the situation. The Emergency Exit door, as well as the closet, should NOT be opened at any time. Emergency Exit and closet doors should only be opened by an on duty Y staff member. Only in the event of an announced emergency, should all members exit through the Emergency Exit doors.
- The YMCA reserves the right to remove any member from the facility, or suspend/discontinue a membership for not following our policies and procedures.

