



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILAM FAMILY MULTI-PURPOSE CENTER SCHEDULE

YMCA OF VINELAND **JULY 22ND – JULY 28TH**

Subject to Change without Notice

MONDAY 7/22	TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26	SATURDAY 7/27	SUNDAY 7/28
<p>Open Gym / Walking Track 5:00am-8:15am</p> <p>Chair Tone & Stretch/Walking Track 8:30am-9:00am MPC CLOSED</p> <p>Cardio Strength/walking track 9:15am-10:00am MPC CLOSED</p> <p>Walking Track Only 10:00am-10:30am</p> <p>Open Gym 10:45am-12:15pm</p> <p>Open Gym 12:30pm-3:30pm (Curtain down/split gym) ***</p> <p>Pickleball Clinics 3:45pm-5:00pm MPC CLOSED</p> <p>MVP Fit 5:00pm-5:45pm Side B</p> <p>Open Gym 12 & Under & Families/recreational play (Side B) 6:00pm-8:45pm (Curtain down/split gym) ***</p> <p>Open Gym 13 & Over (Side A) 6:00pm-8:45pm</p> <p>Full Court Open Gym 9:00-9:45pm</p>	<p>Open Gym / Walking Track 5:00am-7:15am</p> <p>Walking Track Only 7:30am-10:30am</p> <p>Open Gym 10:45am-12:15pm</p> <p>Open Gym 12:30pm-2:30pm Side A</p> <p>Summer Camp 12:30pm-2:30pm Side B</p> <p>Half Gym (curtain down) 2:45pm-3:45pm ***</p> <p>Pickleball Clinics 4:00pm-4:45pm MPC CLOSED</p> <p>Youth Basketball Clinics 5:00pm-7:00pm MPC CLOSED</p> <p>Zumba 7:15pm-8:00pm Side A</p> <p>Open Gym 7:15pm-8:00pm Side B</p> <p>Open Gym 12 & Under & Families/recreational play (Side B) 8:15pm-8:45pm (Curtain down/split gym) ***</p> <p>Open Gym 13 & Over (Side A) 8:15pm-8:45pm</p> <p>Full Court Open Gym 9:00-9:45pm</p>	<p>Open Gym 5:00am-8:15am</p> <p>Walking Track Only 8:30am-10:30am</p> <p>Open Gym 10:45am-12:15pm</p> <p>Open Gym 12:30pm-2:30pm Side A ***</p> <p>Summer Camp 12:30pm-2:30pm Side B</p> <p>Half Gym (curtain down) 2:45pm-3:45pm ***</p> <p>Open Gym 12 & Under & Families/recreational play (Side B) 4:00pm-5:45pm (Curtain down/split gym) ***</p> <p>Open Gym 13 & Over (Side A) 4:00pm-5:45pm</p> <p>Full Court Open Gym 6:00-8:00pm</p> <p>Open Gym 8:15pm-9:45pm (Curtain down/split gym)</p>	<p>Open Gym / Walking Track 5:00am-7:15am</p> <p>Walking Track Only 7:30am-9:00am</p> <p>Open Gym 10:45am-12:15pm</p> <p>Open Gym 12:30pm-2:30pm Side A</p> <p>Summer Camp 12:30pm-2:30pm Side B</p> <p>Half Gym (curtain down) 2:45pm-4:30pm ***</p> <p>Youth Basketball Clinics 4:45pm-7:00pm MPC CLOSED</p> <p>Open Gym 12 & Under & Families/recreational play (Side B) 8:15pm-8:45pm (Curtain down/split gym) ***</p> <p>Open Gym 13 & Over (Side A) 8:15pm-8:45pm</p> <p>Full Court Open Gym 9:00-9:45pm</p>	<p>Open Gym 5:00am-8:15am</p> <p>Walking Track Only 8:30am-10:30am</p> <p>Tone & Stretch/walking track 9:15am-10:00am MPC CLOSED</p> <p>Open Gym 10:45am-3:45pm</p> <p>Full Court Open Gym 4:00pm-5:45pm</p> <p>Family fun night 8+ with Parent 6:00pm-8:00pm MPC CLOSED</p> <p>Open Gym 12 & Under & Families/recreational play (Side B) 8:15pm-9:45pm (Curtain down/split gym) ***</p> <p>Open Gym 13 & Over (Side A) 8:15pm-9:45pm</p>	<p>Open Gym 6:00am-9:15am</p> <p>Open Gym 10:15am-2:00pm (Curtain Down/Split Gym)</p> <p>Pickleball 2:15pm-4:15pm Open to members (NO BASKETBALL)</p> <p>Open Gym 4:30pm-5:45pm</p> <p>YMCA CLOSSES AT 6PM</p>	<p>Open Gym 8:30am-11:45am</p> <p>Pickleball 12:00pm-1:30pm Open To members (NO BASKETBALL)</p> <p>Open Gym (Curtain down/split gym) 1:45pm-4:45pm</p> <p>YMCA CLOSSES AT 5PM</p>

Open Gym 12 & Under & Families/Recreational play - is a recreational time for family members, and youth 12 & under to share the half court to shoot around. GAMES MAY NOT BE PLAYED ON THIS HALF OF THE COURT. Ages will be enforced during these designated times.

Open Gym 13 & Over - is open gym time for youth ages 13+ to play games on their side of the court. Games are permitted on this side of the court.

Open Gym - Is open to all members. Please be respectful and caring of others who wish to share the space. NO Full Court Games. Please note the curtain may be dropped at any time without notice to split the Milam Family MPC.

Full Court Open Gym - Is open to all members of any age, may be used for recreational or Full Court Games.

Summer Camp* - In the event of inclement weather, Summer Camp will utilize Milam Family Multi-Purpose Center during the times with an asterisk

Walking Track Only - During this time, members may use the Milam walking track. NO basketball permitted at this time.



CUMBERLAND CAPE ATLANTIC YMCA MILAM FAMILY MULTIPURPOSE CENTER MEMBER GUIDELINES (last updated January 2023)



All activities and availability in the Milam Family Multipurpose Center are outlined on the schedule on the reverse side.

Copies are located outside of the Milam entrance, in the front lobby flyer rack, or online at www.ccaymca.org.

This schedule will be updated weekly, but is subject to change to reflect program adjustments or additions. If either or both sides are reserved for a select program, only participants of that program are permitted in the area.

The YMCA reserves the right to remove any member from the facility, or suspend/discontinue a membership for failure to abide by our policies and procedures.

- 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.
- ALL children nine (9) and under must have a parent/adult guardian present and in the same room at all times during use. Youth members ages 10-12 must have a parents or adult guardian remain on YMCA premises for the entire duration of their visit. Teen members may visit without an adult present.
- 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, crocs, boots, flip flops, or water shoes are permitted.
- 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. In the event the Emergency Door is opened, an alarm will sound and all members will be required to check in with Member Services.
- Physical, verbal, or any bullying or threatening behavior of any kind will not be tolerated and may result in immediate removal and/or suspension of membership. All members must be respectful and use appropriate language with other members or YMCA staff.
- Speakers are not permitted in the Milam Center. If a member wants to listen to music it should be on a personal device.
- Cell phone/camera use is **NOT** permitted in the MPC, this includes video recording or picture taking which could include other members without their consent, and/or personal conversations.
- 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 water bottles, cell phones, keys, or wallets/small handbags may be placed safely out of the way of members against the wall. Jackets, additional layers of clothing, book bags, gym bags, large handbags **ARE NOT PERMITTED** in the Milam Family Multipurpose Center at any time. These items must either be stored in a locker room, or in the cubby area of the Health and Adventure Center, or left in your vehicle. 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.