



MILAM FAMILY MULTIPURPOSE CENTER SCHEDULE

September 7-20 (Fall 1 Schedule)

Schedule is subject to change without notice. Please check our website, social media or Y360 app for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym/Walking Track 5:00-7:45am	Open Gym/Walking Track 5:00-7:45am	Open Gym/Walking Track 5:00-7:45am	Open Gym/Walking Track 5:00-7:45am	Open Gym/Walking Track 5:00-7:45am	Full Court Basketball 6:00am-9:00am	Full Court Basketball 8:30am-10:00am
Group Ex. Classes 7:45am-11:15am	Group Ex. Classes 7:45am-11:15am	Group Ex. Classes 7:45am-11:15am	Group Ex. Classes 7:45am-11:15am	Group Ex. Classes 7:45am-9:15am	Open Gym/Walking Track 9:00-10:30am	Open Gym 10:00-4:45pm
				Open Gym/Walking Track 9:15am-9:45am	Open Gym 10:30am-1:45pm	
Open Gym 11:15am-5:00pm	Open Gym 11:15am-5:00pm	Open Gym 11:15am-5:00pm	Open Gym 11:15am-5:00pm	Group Ex. Classes 9:45am-11:15am	Pickleball Advanced Play 1:45-3:15pm Register on the App!	
				Open Gym 11:15am-5:30pm	Pickleball Beg./Int. Play 3:15-4:45pm Register on the App!	
Family Open Gym 5:00-8:30pm	Family Open Gym 5:00-8:30pm	Family Open Gym 5:00-8:30pm	Family Open Gym 5:00-8:30pm	Full Court Basketball 5:30-7:30pm	Open Gym 5:00-5:45pm	
				Family Open Gym 7:30-8:30pm		
Full Court Basketball 8:30-9:45pm	Full Court Basketball 8:45-9:45pm	Full Court Basketball 8:30-9:45pm	Full Court Basketball 8:30-9:45pm	Full Court Basketball 8:45-9:45pm		

Upcoming MPC Closures:

ARC Blood Drives: MPC closed 11am-5:00pm
9/11/26, 10/16/26, 11/6/26

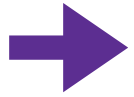
OPEN GYM Open to all members. NO full court games; Curtain may be dropped to split sides	WALKING TRACK Members may use the blue walking track. NO basketball permitted at this time.	YOUTH PROGRAMS Reserved for our YMCA childcare and/or Youth Sports programs. Only staff and participants are permitted.	FULL COURT BASKETBALL Open to all members for full court, recreational games.	PICKLEBALL Beginner, Intermediate or Advanced play *Download & register for Open Play spots on the Team Reach App.	FAMILY OPEN GYM Parents and children under 12 are able to utilize the MPC. Side B.	GROUP EXERCISE The MPC is reserved for classes only during these times
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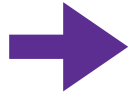
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MEMBER GUIDELINES

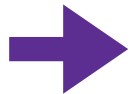
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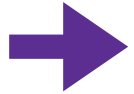
For the safety and security of all Members, if someone experiences a medical emergency, Please **DO NOT ATTEMPT** to move them. Find the nearest YMCA Staff Member and we will attend to the situation.



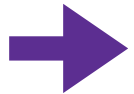
ALL children ten (10) and under must have a parent/guardian present and in the same room at all times during use. Youth Members ages 11-12 must have a parent/guardian remain on YMCA premises for the entire duration of their visit. Teen Members (13+) may visit without an adult present.



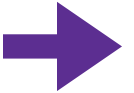
Proper athletic attire must be worn. Clothing should not have offensive language or expose undergarments. Tops, bottoms, and shoes must stay on at all times. No black soled or street shoes, crocs, boots, flip flops, or water shoes are permitted.



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 again with Member Services Staff.



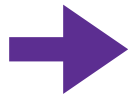
Physical, verbal, or any bullying or threatening behavior of any kind will not be tolerated and may result in immediate removal and/or suspension or termination of membership. All members must be respectful and use appropriate language with other members and Y staff.



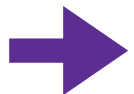
Speakers are **NOT** permitted in the Milam Center. Members should listen to music through their own personal devices, with earbuds or headphones.



Cell phone/camera use is **NOT** permitted in the Milam 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 MPC. Plastic bottled water is the only exception. All water bottle containers must have a secured, spill proof lid (no straws). Please recycle any used bottles and recycle all trash using cans located outside the MPC door.



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 clothing, book bags, gym bags and large handbags are **NOT** permitted in the Milam MPC at any time, as they are a safety risk. These items must be stored in a locker room or the cubby area of the Health & Adventure Center.

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 MPC, please turn it over to Member Services to be stored in our lost and found.