



**September 8th –November 2nd  
Gymnasium Schedule**

**CRANSTON YMCA  
Update 9/13/2024**

# **Basketball Court Rules**

- 1. Safety First: Players must warm up before playing and cool down afterward to prevent injuries.**
- 2. Respect Others- Players must respect other players, Staff, and Facility.**
- 3. Follow Rules: Players must follow all posted rules and instructions from staff.**
- 4. Clean-up: Players must clean up and dispose of trash properly.**
- 5. No Food or Drink: No food or drink is allowed on the court except for water**
- 6.No rough play: No rough play or unportsmanlike conduct is allowed.**
- 7. No profanity: No profanity or disrespectful language is allowed.**
- 8. No smoking or vaping is prohibited in the facility.**
- 9. No weapons: No weapons are allowed in the facility.**
- 10. Report incidents: players must report any incidents or injuries to staff immediately.**
- 11. No appropriate Music- Please remember to use only one music player on the Cranston YMCA basketball court. All players must agree to use appropriate music.**



**Sep 8- Nov 02 Gymnasium Schedule**  
**401-943-0444 -1225 Park Ave. Cranston, RI**

**CRANSTON YMCA**  
**Update 9/24/2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 6AM - 3PM	OPEN GYM 5AM - 3:45PM	OPEN GYM 5AM - 3:45PM	OPEN GYM 5AM - 3:45PM	OPEN GYM 5AM - 3:45PM	OPEN GYM 5AM - 3:45pm	OPEN GYM 6AM - 8:30AM
	OST 4PM - 5PM	OST 4PM - 5PM	OST 4PM - 5PM	OST 4PM - 5PM	OST 4PM - 5PM	Age 7-8 BASKETBALL 9AM - 9:45AM
						*Age 9-10 10AM - 10:45AM
						*Age 11-12 11AM-11:45
Schedule is subject to change	FUNDAMENTALS BASKETBALL Age 3-4 5:15PM - 5:45PM	Soccer *Age 10-13 5:00-5:45pm *Age 10-13 6:00-6:45pm	Soccer *Age 3-5 5:15PM - 5:45PM *Age 6-7 6PM - 6:45PM	OPEN GYM 5PM - 6:50PM		FUNDAMENTALS BASKETBALL *Age 13-14 12PM - 12:45PM
*Birthday Parties Run on Sat from 1pm-3pm. Court availability may vary.	Age 5-6 6PM - 7PM				OPEN GYM 5PM - 6:50PM	REGISTRATION REQUIRED
	Open GYM 7pm-8:50pm	OPEN GYM 7:00P-8:50PM	Rental: Mastery Martial Art 7:15-8:15pm	Rental Out-Loud Sports 7:00PM -9:00PM		OPEN GYM 1PM - 2:45PM

**Gym fully closed during Group Ex/OST/Rentals/ Youth Program- Schedule is subject to change (Cranston closed July 4th)**