



Gymnasium

Bettie Allard YMCA



2023 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Badminton 7:00am - 9:00am (Register online)	Open Gym 7:00am - 8:45am	Badminton 7:00am - 9:00am (Register online)	Open Gym 7:00am - 8:45am	Badminton 7:00am - 9:00am (Register online)	Open Gym 7:00am - 9:00am	Badminton 7:15am - 9:15am (Register online)
	Indoor Family Playground 9:30am - 12:30pm 0 - 5 Yrs	Zumba 9:00am - 10:00am (Register online)	Indoor Family Playground 9:30am - 12:30pm 0 - 5 Yrs	Zumba 9:00am - 10:00am (Register online)	Open Gym 9:15am - 10:30am		PickleBall 9:30am - 12:30pm (Register online) Intermediate/Adv Only
AFTERNOON	Open Gym 1:00pm - 4:30pm	Open Gym 1:00pm - 4:30pm	Open Gym 1:00pm - 4:30pm	PickleBall 11:30am - 12:30pm (Register online) *Beginner Only*	Open Gym 1:00pm - 4:00pm	Indoor Family Playground 9:30am - 12:30pm 5 - 12 Yrs	PickleBall 12:30pm - 1:30pm (Register online) *Beginner Only*
	Multi Sports 4:30pm - 5:30pm 6 - 12 Years	Basketball 4:30pm - 5:30pm 6 - 12 Years	Soccer 4:30pm - 5:30pm 6 - 12 Years	Open Gym 1:00pm - 5:30pm	Open Gym (Half) 4:00pm - 7:15pm		PickleBall 1:30pm - 3:30pm (Register online) Intermediate/Adv Only
	Active Kids 5:30pm - 6:30pm 6 - 12 Years	Soccer 5:30pm - 6:30pm 6 - 12 Years	Open Gym 5:30pm - 6:30pm 6 - 12 Years			*Adult Open Gym 5:30pm - 9:30pm (19 plus)	Youth Open Gym (Half) 4:00pm - 5:15pm 12 - 16 Years
			PickleBall 7:30pm - 8:30pm (Register online) *Beginner Only*	Open Gym 5:30pm - 7:15pm			
EVENING	PickleBall 7:30pm - 9:30pm (Register online) Intermediate/Adv Only	Open Gym 7:00pm - 9:30pm	PickleBall 8:30pm - 9:30pm (Register online) *Beginner Only*		PickleBall 7:30pm - 9:30pm (Register online) Intermediate/Adv Only	*Adult Open Gym 6:00pm - 8:30pm (19 plus)	*Badminton 6:30pm - 8:30pm (Register online)

Updated: March 8, 2023
Schedule subject to change without notice.

DESCRIPTIONS	
Zumba	It is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it all is that it doesn't even feel like exercise!
Open Gym	Basketball, Badminton, Pickleball, Soccer, the choice is yours.
PickleBall for Beginners	If you have never played pickleball then this is for you. We provide Pickleball paddles and balls and 3 courts. Instructions on how to play are available and staff are available to help with set up.
PickleBall for Int/Adv	If you are an experienced pickleball player and own your own paddle this is for you. We do have some spare paddles and balls as well.
Badminton	Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles".