



# Gymnasium

Bettie Allard YMCA

Fall 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>Beginner Pickleball</b> 7:00am - 9:00am (Register online)	<b>Drop in Badminton</b> 7:00am - 9:00am	<b>Inter/Adv Pickleball</b> 7:00am - 9:00am (Register online)	<b>Drop in Basketball</b> 7:00am - 9:00am	<b>*Drop in Indoor Soccer*</b> 7:00am - 9:00am	<b>Drop in Basketball</b> 7:00am - 9:00am	<b>Badminton</b> 7:15am - 9:15am (Register online)
	Take down/Set up 9:00am-9:30am	<b>Y Salsa*NEW*</b> 9:15am - 10:15am (Register online)	Take down/Set up 9:00am-9:30am	<b>Zumba</b> 9:15am - 10:15am (Register online)	<b>Cardio Dance*NEW*</b> 9:15am - 10:15am (Register online) *Bi-weekly*	Set up 9:00am-9:30am	Take down/Set up 9:15am-9:30am
	<b>Indoor Family Playground</b> 9:30am - 12:00pm (0 - 5 Yrs)	Set up 10:00pm-10:30pm	<b>Indoor Family Playground</b> 9:30am - 12:00pm (0 - 5 Yrs)	Set up 10:00pm-10:30pm	Set up 10:15pm-10:30pm	<b>Indoor Family Playground</b> 9:30am - 12:00pm (5 - 12 Yrs)	<b>Family Open Gym</b> 9:30am - 11:30am (Parents Present)
	Take down 12:00pm-12:30pm	<b>Drop in PickleBall</b> 10:30am - 12:30pm All levels	Take down 12:00pm-12:30pm	<b>Drop in PickleBall</b> 10:30am - 12:30pm All levels	<b>Drop in PickleBall</b> 10:30am - 12:30pm All levels		Take down 11:30pm-11:45pm
	<b>Drop in Pickleball</b> 12:30pm - 2:30pm All levels	Take down 12:30pm-1:00pm	<b>Drop in Pickleball</b> 12:30pm - 2:30pm All levels	Take down 12:30pm-1:00pm	Take down 12:30pm-1:00pm	Take down/Set Up 12:00pm-12:30pm	<b>Drop in Indoor Soccer</b> 11:45am - 1:45pm (10-16 yrs)
AFTERNOON	Take down 2:30pm-3:00pm	<b>Drop in Indoor Soccer</b> 1:00pm - 4:00pm (18 plus)	Take down 2:30pm-3:00pm	<b>Drop in Indoor Soccer</b> 1:00pm - 3:00pm (18 plus)	<b>Drop in Volleyball</b> 1:00pm - 3:00pm	<b>Drop in PickleBall</b> 12:30pm - 2:30pm All levels	Set up 1:45pm-2:00pm
	<b>Drop in Basketball</b> 3:00pm - 4:30pm	Take down 4:00pm-4:30pm	<b>Drop in Basketball</b> 3:00pm - 4:30pm	Take down 3:00pm-3:30pm	<b>Youth Basketball</b> 3:15pm - 5:15pm (12-16 yrs)	<b>Drop in Volleyball</b> 3:00pm - 6:00pm	<b>Drop in Basketball</b> 2:00pm - 4:00pm
	<b>CYF Multi Sports</b> 4:30pm - 5:30pm (6 - 12 Years)	<b>CYF Basketball</b> 4:30pm - 5:30pm (6 - 12 Years)	<b>CYF Basketball</b> 4:30pm - 5:30pm (6 - 12 Years)	<b>Youth Basketball</b> 3:30pm - 5:45pm (12-16 yrs)			Set up 4:00pm-4:15pm
	<b>CYF Soccer</b> 5:30pm - 6:30pm (6 - 12 Yrs)	<b>CYF Active Kids</b> 5:30pm - 6:00pm (6 - 12 Yrs)	<b>CYF Soccer</b> 5:30pm - 6:30pm (6 - 12 Yrs)	Set up 5:15pm-5:30pm			<b>*Beginner* Drop in Volleyball</b> 4:15pm - 6:15pm
	Set up 7:00pm-7:30pm	<b>Karate</b> 6:00pm - 7:00pm (Registered Program)	Set up 7:00pm-7:30pm	<b>Karate</b> 6:00pm - 7:00pm (Registered Program)	<b>Badminton</b> 5:30pm - 7:30pm (Register online)	<b>Adult Only Basketball</b> 6:00pm - 8:30pm (19 +)	Set up 6:15pm-6:30pm
EVENING	<b>Inter/Adv PickleBall</b> 7:30pm - 9:30pm (Register online)	<b>*Inter./Adv* Drop in Volleyball</b> 7:15pm - 9:30pm	<b>Beginner PickleBall</b> 7:30pm - 9:30pm (Register online)	<b>Basketball</b> 7:45pm - 9:30pm (16 +)	Take Down 7:30pm-8:00pm <b>Drop in Indoor Soccer</b> 8:00pm - 9:30pm (16 plus yrs)		<b>Badminton</b> 6:30pm - 8:30pm (Register online)

Updated: Sept. 6th, 2023 - Schedule subject to change without notice

DESCRIPTIONS	<b>Zumba</b>	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!
	<b>Y Salsa</b>	Join us for easy-to-follow dance steps choreographed to Latin rhythms.
	<b>Y Cardio Dance</b>	A fun cardio workout with Cardio Kickbox moves and dancing to popular music.
	<b>Soccer</b>	Teams are comprised of 5 players plus a goalie. Teams that do not have the minimum amount of players - 4 players plus a goalie - will default. Subs are to be used if there are more players. We are a Family Facility, Have Fun, Play Fair! *16 Plus*
	<b>Adult Only basketball</b>	Basketball*19 Yrs and up only*
	<b>Volleyball</b>	We have beginner drop in time slots and Inter./Adv. time slots. Please drop in to the time slot that best suits you. Please split all participants evenly on each team. Once you have served the ball during a play, that server will sub off allowing another member to sub in.
	<b>Family Open Gym</b>	A time for the Family (Parents with Children) to play Soccer (Balls Only), Badminton (Rackets and Birdies only), and/or Basketball together.

	<b>PickleBall for Beginners</b>	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. <b>*No Advance Players*</b> (Playing continuously for a min of 6 months in Beginners before proceeding into Int./Adv Level.)
	<b>PickleBall for Int/Adv</b>	If you are an experienced pickleball player and own your own paddle this is for you. <b>*No Beginners*</b>
	<b>Drop in Pickleball</b>	Everyone is Welcome at these sessions no matter if you are a beginner or an advanced player. However, if you are a beginner put a "B" beside your name on the whiteboard. Write your name on the whiteboard. You can only write your name on the white board if you are present &, in the gym, & please do not erase anyone's name. The first 3 groups of 4 will play first. Play to 11 points or 15 minutes (whatever comes first). When a group finishes playing, call "Court". Both groups getting on and off the court should not impede the play of any courts that are still playing.
	<b>Badminton</b>	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".
	<b>6-16 yr old Programs</b>	Programs provided for children and youth and lead by CYF Staff.