



Sault Ste. Marie YMCA

Gymnasium Schedule 2017 - 2018

September 10 - June 16

*See back for program dates

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Childcare
Registered Program
Fitness Class
Activity Area Closed
Programs and Schedules are subject to posted changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						OPEN GYM 7:00-9:00am
OPEN GYM GYM 7:00 - 6:30pm	OPEN GYM 7:00am – 3:00pm	OPEN GYM 7:00-10:30am	OPEN GYM 7:00-3:30pm	OPEN GYM 7:00-10:00am	OPEN GYM 7:00-12:00pm	***Junior Golf Lessons 9:00-10:00am
				ChildCare 10:00-11:00 am		Junior Powerhouse 10:30-11:30am
		Pickleball 11:00-1:00pm		Pickleball 11:00-1:00pm	OPEN GYM Racquet Sports 12:00-2:00pm	YBC 12:00-2:00pm
		OPEN GYM 1:00-3:00pm		OPEN GYM 1:00-4:00pm	OPEN GYM 2:00-3:30pm	
			ChildCare 3:30-5:30pm		Childcare 3:30-5:30pm	
	OPEN YOUTH 3:00 - 5:30pm	OPEN YOUTH 3:00 - 5:30pm	Play Fit 5:30-7:00pm	OPEN YOUTH 3:00 - 5:30pm	OPEN YOUTH 5:30-6:30pm	YBC 2:00-5:30pm
	Powerhouse 5:45 - 6:45pm	Family Play Zone 1/2 Gym 5:30-7:00pm	Soccer Skills and Drills 6:00-7:00pm Jr. 1/2 Gym 7:00-8:00pm Sr. 1/2 Gym	Play Fit 1/2 Gym Family Play Zone 1/2 Gym 5:30-7:00pm		
		Youth Volleyball 7:00-8:00pm			Youth Dodge Ball 7:00 - 8:00 pm ***Adult Golf Lessons 7:00-9:00pm	Teen Night 6:30-10:00pm
	Floor Hockey 7:00-8:00pm	Volleyball Advanced 8:00-10:00pm				
	Volleyball Pick-up 8:15-9:45pm		OPEN GYM 8:00-10:00pm			
OPEN GYM 9:45-10:00pm			OPEN GYM 9:00-10:00pm			

Building healthy communities

Program Information

OPEN GYM Gym is for persons 11+ who wish to exercise at their own pace, basketballs are available from the Membership Sales &

AGE	PROGRAM	DESCRIPTION
ALL	FAMILY PLAY ZONE	OPEN GYM family play time. Equipment provided, located in our Gymnasium.
6-12	PLAY FIT	A program that features lightly structured games and physical activity.
6-9 10-14	SOCCER SKILLS AND DRILLS	Fundamental skills and fitness development through physical activity, sports and games.
10-14	YOUTH VOLLEYBALL	OPEN GYM access volleyball program emphasizes skill development. Drills and games will be organized.
10-14	FLOOR HOCKEY	A program that emphasizes skill development. Drills and games will be organized.
14+	RAQUET SPORTS	For the badminton or pickleball player to get some court time in.
14+	VOLLEYBALL	For the new or experienced volleyball player.
14+	ADVANCED VOLLEYBALL	For the experienced and competitive volleyball player.
8-13	JUNIOR GOLF LESSONS	For the new or experienced young player. Get ready for the season. Indoor shoes required. Clubs available. This program takes place in the Gymnasium. Starts Feb 3, 2018. Six week session. 6 spots available. Member \$105.00 /Non-member \$175.00.
14+	ADULT GOLF LESSONS	For the new or experienced player. Get ready for the season. Indoor shoes required. Clubs available. This program takes place in the Gymnasium. Starts March 22, 2018. Six week session. 12 spots available. Member \$105.00 /Non-member \$175.00.
11-14	***YOUTH DODGEBALL	Learn this fun and fast moving game, where dodging and throwing are your means of defence. Youth will learn the rules of Dodgeball at an easy pace and play rounds of games. *Program will not run during Adult Golf Lessons March 22 - April 26.
10-14	JUNIOR POWERHOUSE	This class is guaranteed to push you to your limits. Stations of timed, challenging exercises will give you an hour of a hard workout. Light weights, resistance bands are just some of the equipment used.
14+	POWERHOUSE	This class is guaranteed to push you to your limits. Stations of timed, intense exercises will give you an hour of a hard core workout. Kettle bells, weights, body bars are just some of the equipment used.
13-15	TEEN NIGHT	The Teen Zone gives Y members and guests a place to belong in a safe and fun environment. Structured/supervised activities such as basketball, dodgeball even tug of war will be scheduled, an area to socialize in and of course activities in the pool. Popcorn, drinks and other snacks will be available. Member - FREE /Non-member \$5.00
14+	PICKLE BALL PRACTICE & PICKLE BALL	New to the Sport? Learn Pickle Ball at your own pace in a practice session. It is a fun racquet sport that combines the elements of tennis, badminton and table tennis. Then bring your game to a Pickle Ball match!

ChildCare as a part of the Playing to Learn curriculum we provide our children with the opportunity to learn through play in our full size gymnasium; age appropriate activities are fully supervised by our early childhood educators.

Extended Care Program provides parents with peace of mind knowing that their children are in a safe, nurturing environment that fosters independence and a positive attitude toward learning.