



Sault Ste. Marie YMCA

Gymnasium Schedule 2016 - 2017

September 12 - June 17

*See back for program dates

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
 T.705.949.3133
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 www.sault.ymca.ca

Registration Required

Activity Area Closed

Programs and Schedules are subject to posted changes.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|------------------------------|--|--|--|-------------------------------------|-------------------------------------|
| | | | | | | Open 7:00-9:00am |
| Open 10:00-6:30pm | Open 7:00-4:00pm | Open 7:00-10:30am | Open 7:00-3:30pm | Open 7:00-10:00am | Open 7:00-12:00pm | Indoor Soccer 9:00-9:45am |
| | | Pickleball Practice 10:30-11:00am | | ChildCare 10:00-11:00 am | | Indoor Soccer 9:45-10:30am |
| | | Pickleball 11:00-1:00pm | | | | Youth Floor Hockey 10:30-11:30am |
| | | Open 1:00-4:00pm | | Pickleball 11:00-1:00pm | Open Racquet Sports 12:00-2:00pm | YBC 12:00-2:00pm |
| | Extended Care 4:00-5:30pm | Extended Care 4:00-5:30pm | ChildCare 3:30-5:30pm | Extended Care 4:00-5:00pm | Extended Care 4:00-5:30pm | YBC 2:00-5:00pm |
| | Play Fit 5:00-6:00pm | Play Fit 1/2 Gym 5:00-7:00pm | Play Fit 1/2 Gym 5:00-7:00pm | Play Fit 1/2 Gym 5:00-7:00pm | Family Fun Night 5:00-7:00pm | Advanced YBC 5:00-6:00pm |
| | Powerhouse 6:00-7:00pm | Family Play Zone 1/2 Gym 5:30-7:00pm | Soccer Skills and Drills 1/2 Gym 6:00-7:00pm Jr. | Family Play Zone 1/2 Gym 5:30-7:00pm | | Open 6:00-6:30pm |
| | | Youth Volleyball 7:00-8:00pm | | | | |
| | Activity Area Closed | Floor Hockey 7:00-8:00pm | Volleyball Advanced 8:00-10:00pm | 7:00-8:00pm Sr. | *Golf Lessons 7:00-8:00pm | Teen Zone 7:00-10:00pm |
| | | Volleyball Pick-up 8:00-9:30pm | | Volleyball Pick-up 8:00-9:30pm | *Golf Lessons 8:00-9:00pm | |
| Open 9:30-10:00pm | | Open 9:30-10:00pm | | Open 9:00-10:00pm | | |

Building healthy communities

Program Information

Open Gym is for persons 11+ who wish to exercise at their own pace, basketballs are available from the Membership Sales & Service Desk.

| AGE | PROGRAM | DESCRIPTION | DATE AND TIMES |
|-------|------------------------------------|--|--|
| ALL | FAMILY FUN NIGHT | Quality open family time in the gymnasium and pool. Gymnasium 6:00 –7:00pm, Pool 6:30-7:30pm. | Fridays 6:00 - 7:00 PM |
| ALL | FAMILY PLAY ZONE | Open family play time. Equipment provided, located in our Gymnasium. | Tuesdays & Thursdays 5:00 - 7:00 PM |
| 6-12 | PLAY FIT | A program that features lightly structured games and physical activity. | Mondays - Thursdays 5:00 - 7:00 PM |
| 6-9 | JR INDOOR SOCCER | A program that emphasizes skill development. Drills and games will be organized. | Saturdays 9:00 - 9:45 AM |
| 10-14 | SR INDOOR SOCCER | A program that emphasizes skill development. Drills and games will be organized. | Saturdays 9:45 - 10:30 AM |
| 10-14 | YOUTH VOLLEYBALL | Open access volleyball program emphasizes skill development. Drills and games will be organized. | Tuesdays 7:00 - 8:00 PM |
| 10-14 | FLOOR HOCKEY | A program that emphasizes skill development. Drills and games will be organized. | Mondays 7:00 - 8:00 PM Saturdays 10:30 - 11:30 AM |
| 14+ | RAQUET SPORTS | For the badminton or pickleball player to get some court time in. | Fridays 12:00 - 2:00 PM |
| 14+ | VOLLEYBALL | For the new or experienced volleyball player. | Mondays & Wednesdays 8:00 - 9:30 PM |
| 14+ | ADVANCED VOLLEYBALL | For the experienced and competitive volleyball player. Discretion is given to volleyball volunteer for player safety. | Tuesdays 8:00 - 10:00 PM |
| 13-18 | TEEN NIGHT | The Teen Zone gives Y members and guests a place to belong in a safe and fun environment. Basketball, swimming, squash/ racquetball, and Wellness Centre activities are available. Teen Zone passes available. Admission fee \$10.00 | Fridays 7:00 - 10:00 PM |
| 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. Starts 01/16/2017 | Mondays 6:00 - 7:00 PM |
| 18+ | 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! | Tuesdays & Thursdays 11:00 AM - 1:00 PM |

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 actives are fully supervised by our early childhood educators.