



Gymnasium

Bettie Allard YMCA



Updated July 12th, 2024 - *Summer Break starting July 8th - Aug. 23, 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	Beginner Pickleball 6:00am - 8:00am (Register online)	Drop in Badminton 7:00am - 9:00am	Beginner Pickleball 6:00am - 8:00am (Register online)	Drop in Basketball 6:00am - 9:00am	Drop in Basketball 6:00am - 8:00am	Drop in Basketball 6:00am - 9:00am	Badminton 7:15am - 9:15am (Register online)	
	Take down/Set up 8:00am-8:30am	Salsa Plus 9:15am - 10:15am (Register online)	Take down/Set up 8:00am-8:30am	Y Dance 9:15am - 10:15am (Register online)	Take down/Set up 8:00am-8:30am	Set up 9:00am-9:30am	Take down/Set up 9:15am-9:30am	
	Summer Kids 8:30am - 1:30pm (5 - 12 Yrs) Registered Program July 8th-Aug. 23rd	Set up 10:00pm-10:30pm	Summer Kids 8:30am - 1:30pm (5 - 12 Yrs) Registered Program July 8th-Aug. 23rd	Set up 10:00pm-10:30pm	Summer Kids 8:30am - 1:30pm (5 - 12 Yrs) Registered Program July 8th-Aug. 23rd	Indoor Family Playground 9:30am - 12:00pm (0 - 12 Yrs)	Family Open Gym 9:30am - 11:30am (Parents Present)	
		Drop in Pickleball 10:30am - 12:30pm						Drop in PickleBall 10:30am - 12:30pm
	Take down 1:00pm-1:30pm	Drop in Basketball 1:00pm - 4:15pm (All Ages)	Take down 1:00pm-1:30pm	Take down 12:30pm-1:00pm	Take down 1:00pm-1:30pm	Drop in Basketball 12:00pm-12:30pm	Drop in Basketball 12:00pm - 4:00pm (All Ages)	
Drop in Basketball 1:30pm - 4:15pm	Take down 4:15pm-4:30pm	Drop in Basketball 1:30pm - 4:15pm	Drop in Basketball 1:00pm - 6:00pm (All Ages)	Drop in Basketball 1:30pm - 5:15pm (All Ages)	Drop in Basketball 12:30pm - 3:30pm (All Ages)			
AFTERNOON	CYF Sports 4:30pm - 5:30pm (6 - 12 Years)	CYF Sports 4:30pm - 5:30pm (6 - 12 Years)	CYF Sports 4:30pm - 5:30pm (6 - 12 Years)	Drop in Basketball 1:00pm - 6:00pm (All Ages)	Drop in Basketball 1:30pm - 5:15pm (All Ages)	Drop in Basketball 12:30pm - 3:30pm (All Ages)	Drop in Basketball 12:00pm - 4:00pm (All Ages)	
	CYF Active Kids 5:30pm - 6:00pm (6 - 12 Yrs)	CYF Active Kids 5:30pm - 6:00pm (6 - 12 Yrs)	CYF Active Kids 5:30pm - 6:30pm (6 - 12 Yrs)					Take down 3:30pm-3:45pm
	Zumba 6:15pm - 7:15pm (Register online)	Zumba 6:15pm - 7:15pm (Register online)	Zumba 6:15pm - 7:15pm (Register online)	Zumba 6:15pm - 7:15pm (Register online)	Set up 5:15pm-5:30pm	All Levels Drop in Volleyball 4:15pm - 6:15pm (All Ages-Register Online)	Set up 4:00pm-4:15pm	Drop in Pickleball 4:15pm - 6:15pm All levels
	Set up 7:00pm-7:30pm	Set up 7:15pm-7:30pm	Set up 7:00pm-7:30pm	Set up 7:15pm-7:30pm	Badminton 5:30pm - 7:30pm (Register online)	Take down/Set up 6:15pm-6:30pm	Set up 6:15pm-6:30pm	Set up 6:15pm-6:30pm
	Inter/Adv PickleBall 7:30pm - 9:30pm (Register online)	*Advance* Drop in Volleyball 7:30pm - 9:30pm (16 +)	Beginner PickleBall 7:30pm - 9:30pm (Register online)	Drop in Basketball 7:30pm - 9:30pm (16 +)	Take Down 7:30pm-8:00pm	Drop in Indoor Soccer 8:00pm - 9:30pm (16 +)	Adult Only Basketball 6:30pm - 8:30pm (19 +)	Badminton 6:30pm - 8:30pm (Register online)
EVENING								

Updated: July 12th, 2024 - 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!
	Y Salsa	Join us for easy-to-follow dance steps choreographed to Latin rhythms.
	Y Cardio Dance	A fun cardio workout with Cardio Kickbox moves and dancing to popular music.
	Soccer	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*
	Adult Only basketball	Basketball*19 Yrs and up only*
	Volleyball	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.
	Family Open Gym	A time for the Family (Parents with Children) to play Soccer (Balls Only), Badminton (Rackets and Birdies only), and/or Basketball together.
	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. *No Advance Players* (Playing continuously for a min of 6 months in Beginners before proceeding into Int./Adv Level.)
	PickleBall for Int/Adv	If you are an experienced pickleball player and own your own paddle this is for you. *No Beginners*
	Drop in Pickleball	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.
	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".
6-16 yr old Programs	Programs provided for children and youth and lead by CYF Staff.	