



Gymnasium

Bettie Allard YMCA

Winter Schedule - Updated November 28th, 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	Beginner Pickleball 7:00am - 9:00am (Register online)	Drop in Badminton 7:00am - 9:00am	Inter/Adv Pickleball 7:00am - 9:00am (Register online)	Drop in Basketball 7:00am - 9:00am (All Ages)	Drop in Basketball 7:00am - 10:00am (All Ages)	Drop in Basketball 7:00am - 9:00am (All Ages)	Badminton 7:15am - 9:15am (Register online)	
	Take down/Set up 9:00am-9:30am	Y Cardio Dance 9:15am - 10:15am (Register online)	Take down/Set up 8:45am-9:00am	Y Dance 9:15am - 10:15am (Register online)		Set up 9:00am-9:30am	Take down/Set up 9:15am-9:30am	
	Indoor Family Playground 9:30am - 12:00pm (0 - 5 Yrs) (Parents Present)	Set up 10:15am-10:30am	Indoor Family Playground 9:30am - 12:00pm (0 - 5 Yrs) (Parents Present)	Set up 10:15am-10:30am	Set up 10:00am-10:30am	Indoor Family Playground 9:30am - 12:00pm (5 - 12 Yrs) (Parents Present)	Family Open Gym 9:30am - 11:30am (Parents Present)	
	Take down 12:00pm-12:30pm	Drop in PickleBall 10:30am - 12:30pm All levels						Take down 11:30am-11:45am
AFTERNOON	Drop in Pickleball 12:30pm - 2:30pm All levels	Take down 12:30pm-1:00pm	Take down 12:30pm-1:00pm	Drop in PickleBall 10:30am - 12:30pm All levels	Drop in PickleBall 10:30am - 12:30pm All levels	Take down/Set Up 12:00pm-12:30pm *Reserved Partner Organization* Oct. 26th-Dec. 7th 12:30pm-2:30pm Drop in Basketball-Dec.14th to Jan. 11th 12:30pm - 2:30pm (All Ages)	Drop in Indoor Soccer 11:45am - 1:45pm (10-16 yrs)	
	Take down 2:30pm-3:00pm	Drop in Basketball 1:00pm - 4:00pm (16 +)	Drop in Basketball 12:30pm - 2:30pm All levels	Take down 12:30pm-1:00pm	Take down 12:30pm-1:00pm			
	Drop in Basketball 3:00pm - 3:45pm (All Ages)	Take down 4:00pm-4:30pm	Drop in Basketball 3:00pm - 3:45pm (All Ages)	Drop in Basketball 1:00pm - 3:00pm (18 +)	Drop in Basketball 1:00pm - 5:15pm (All Ages)	Take down/Set Up 3:30pm-3:45pm	Set up 1:45pm-2:00pm	
	CYF Little Kickers 3:45pm - 5:00pm (5 - 8 Years) Registered Program	CYF Basketball 4:30pm - 5:30pm (6 - 12 Years)	CYF Little Kickers 3:45pm - 5:00pm (5 - 8 Yrs) Registered Program	Take down 3:00pm-3:30pm		*All Levels Volleyball* Warm up 3:45pm - 4:15pm (Register online)	Drop in Basketball 2:00pm - 4:00pm (All Ages)	
	CYF Sports 5:00pm - 6:30pm (5 - 12 Yrs)	CYF Active Kids 5:30pm - 6:00pm (6 - 12 Yrs)	Growing Mindfully 4:30pm-7:00pm (Reserved Partner Organization Oct. 30th-Dec. 18th)	CYF Sports 3:30pm - 6:00pm (6 - 12 Years)		Youth Basketball 3:30pm - 6:00pm (12-16 yrs)	Set up 4:00pm-4:15pm	
		Zumba 6:15pm - 7:15pm (Register online)	CYF Sports 5:00pm - 6:30pm (5 - 12 Yrs)	Take down/Set up 6:00pm-6:15pm	Set up 5:15pm-5:30pm	All Levels Volleyball 4:15pm - 6:15pm (Register online)	Drop in Pickleball 4:15pm - 6:15pm All levels	
	Set up 6:30pm-7:00pm	Set up 7:15pm-7:30pm	Set up 7:00pm-7:15pm	Drop in Basketball 6:15pm - 9:30pm (All Ages)	Badminton 5:30pm - 7:30pm (Register online)	Take down/Set up 6:15pm-6:30pm	Set up 6:15pm-6:30pm	
	Inter/Adv PickleBall *7:00pm - 9:30pm* (Register online) *Stats will run 7-8:30pm*	*Advance* Volleyball 7:30pm - 9:30pm (Register online)	Beginner PickleBall *7:15pm - 9:30pm* (Register online)		Drop in Indoor Soccer 8:00pm - 9:30pm (16 +)	Take Down 7:30pm-8:00pm	Adult Only Basketball 6:30pm - 8:30pm (19 +)	Badminton 6:30pm - 8:30pm (Register online)
	EVENING							

Updated: November 28th, 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.
	Y Partner Salsa	Partner dances are for all audiences and ages. Excellent way to meet people and make friends! Together we will get to know each other, have fun and learn different cultures. Includes Salsa, Samba, Zouk, Forro, Tango, etc.
	Bhangra	This class fuses Bhangra, an energetic Punjabi dance form, with elements of Hip-hop and Bollywood. Expect a full-body workout that enhances your muscle tone and incorporates interval training — alternating fast and slow rhythms — to improve cardiovascular fitness. Some moves may challenge your flexibility and balance, and modifications are always available to ensure that everyone can groove to the beat and enjoy the fitness benefits. No dance experience is required.
	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 Advance 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".
5-16 yr old Programs	Programs provided for children and youth and lead by CYF Staff.	