



Gymnasium

Bettie Allard YMCA



Winter Break Schedule December 23rd to January 3rd, 2024/25

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-------------------------|--|---|---|--|--|---|---|--|
| MORNING | Beginner Pickleball 6:00am - 8:30am (Register online) | Drop in Badminton 6:00am - 8:30am | Inter/Adv Pickleball 6:00am - 8:30am (Register online) | Drop in Basketball 6:00am - 8:30am | Drop in Basketball 6:00am - 8:30am | Drop in Basketball 7:00am - 9:00am | Badminton 7:15am - 9:15am (Register online) | |
| | Take down/Set up 8:30am-9:00am | Take down/Set up 8:30am-9:00am | Take down/Set up 8:30am-9:00am | Set up 8:30am-9:00am | Take down/Set up 8:30am-9:00am | Set up 9:00am-9:30am | Take down/Set up 9:15am-9:30am | |
| | Winter Kids 9:00am - 11:00am (5 - 12 Yrs) Registered Program Dec. 23rd & 30th | Winter Kids 9:00am - 11:00am (5 - 12 Yrs) Registered Program Dec. 31st | Drop in Basketball 9:00am - 11:00am (All Ages) | Winter Kids 9:00am - 11:00am (5 - 12 Yrs) Registered Program Dec. 26th & Jan. 2nd | Winter Kids 9:00am - 11:00am (5 - 12 Yrs) Registered Program Dec. 27th-Jan. 3rd | Indoor Family Playground 9:30am - 12:00pm (0 - 12 Yrs) | Family Open Gym 9:30am - 11:30am (Parents Present) | |
| | Take down 11:00am-11:30am | Take down 11:00am-11:30pm | Take down 11:30pm-11:45am | | | | | |
| | Drop in Pickleball 11:30am - 1:30pm All levels | Drop in Basketball 11:30pm - 4:00pm (All Ages) | Drop in Pickleball 11:30am - 1:30pm All levels | Take down 11:00am-11:30pm | Take down 11:00am-11:30pm | Take down/Set Up 12:00pm-12:30pm | Drop in Indoor Soccer 11:45am - 1:45pm (10-16 yrs) | |
| Take down 1:30pm-2:00pm | | Take down 1:30pm-2:00pm | | | | Set up 1:45pm-2:00pm | | |
| AFTERNOON | Drop in Basketball 2:00pm - 4:30pm (All Ages) | Take down 4:00pm-4:30pm | Drop in Basketball 2:00pm - 4:30pm (All Ages) | Drop in Pickleball 11:30am - 2:30pm All levels | Drop in Pickleball 11:30am - 1:30pm All levels | Drop in Basketball 12:30pm - 3:30pm (All Ages) | Drop in Basketball 2:00pm - 4:00pm (All Ages) | |
| | Take down 4:30pm-5:00pm | CYF Sports 4:30pm - 5:30pm (6 - 12 Years) | | Take down 2:30pm-3:00pm | | | | Take down 1:30pm-2:00pm |
| | | CYF Active Kids 5:30pm - 6:00pm (6 - 12 Yrs) | CYF Sports 5:00pm - 6:30pm (5 - 12 Yrs) | Drop in Basketball 3:00pm - 7:15pm (All Ages) | Drop in Basketball 2:00pm - 5:15pm (All Ages) | Drop in Basketball 2:00pm - 5:15pm (All Ages) | All Levels Drop in Volleyball Warm up 3:45pm - 4:15pm | Drop in Pickleball 4:15pm - 6:15pm All levels |
| | | Take down 6:00pm-6:15pm | | | | | Set up 5:15pm-5:30pm | |
| | CYF Sports 5:00pm - 6:30pm (5 - 12 Yrs) | Zumba 6:15pm - 7:15pm (Register online) | | Set up 7:15pm-7:30pm | Set up 7:15pm-7:30pm | Set up 5:15pm-5:30pm | Take down/Set up 6:15pm-6:30pm | Set up 6:15pm-6:30pm |
| Set up 6:30pm-7:00pm | Set up 7:15pm-7:30pm | Set up 7:00pm-7:30pm | Set up 7:15pm-7:30pm | Set up 7:15pm-7:30pm | Take Down 7:30pm-8:00pm | | | |
| EVENING | Inter/Adv Pickleball 7:00pm - 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 +) | Drop in Indoor Soccer 8:00pm - 9:30pm (16 +) | Adult Only Basketball 6:30pm - 8:30pm (19 +) | Badminton 6:30pm - 8:30pm (Register online) | |

Updated: December 5th, 2024 - Schedule subject to change without notice

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| 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. | |