



# Gymnasium Schedule

April 4 – June 30, 2022

**FACILITY HOURS** – Mon-Fri: 6:30AM - 8:00PM | Sat: 9:00AM - 3:00PM | Sun: Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM – 9:30AM Open Gym	6:30AM – 9:30AM Open Gym	6:30AM – 9:30AM Open Gym	6:30AM – 9:30AM Open Gym	6:30AM – 9:30AM Open Gym		<b>CLOSED</b>
10:00AM – 11:00AM Licensed Child Care	10:00AM – 11:00AM Licensed Child Care	10:00AM – 11:00AM Licensed Child Care	10:00AM – 11:00AM Licensed Child Care	10:00AM – 11:00AM Licensed Child Care	9:15AM – 10:15AM Pickleball ● (Ages: 18Y+)	
11:30AM – 2:00PM Open Gym	11:30AM – 2:00PM Pickleball ● (Ages: 18Y+)	11:30AM – 2:00PM Open Gym	11:30AM – 2:00PM Open Gym	11:30AM – 2:00PM Open Gym	10:30AM – 11:30AM Family Tae Kwon Do ●● (Ages: 6Y+)	
2:30PM – 3:30PM Licensed Child Care	2:30PM – 3:30PM Licensed Child Care	2:30PM – 3:30PM Licensed Child Care	2:30PM – 3:30PM Licensed Child Care	2:30PM – 3:30PM Licensed Child Care	11:45AM – 1:15PM Youth Open Gym (Ages: 13Y-17Y)	
4:00PM – 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM – 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM – 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM – 6:00PM Youth Open Gym – Badminton (Ages: 13Y-17Y)	4:00PM – 6:00PM Youth Open Gym (Ages: 13Y-17Y)	1:30PM – 2:45PM Adult Open Gym (Ages: 18Y+)	
6:15PM – 7:15PM Family Karate – Beginner ●● (Ages: 6Y+)	6:00PM – 7:00PM Child Active Play ●● (Ages: 6Y-8Y)	6:15PM – 7:15PM Child Indoor Soccer ●● (Ages: 6Y-8Y)	6:15PM – 7:45PM Adult Badminton (Ages: 18Y+)	6:00PM – 7:45PM Open Gym		
7:30PM – 8:00PM Adult Open Gym (Ages: 18Y+)	7:00PM – 8:00PM Pre-Teen Active Play ●● (Ages: 9Y-12Y)	7:30PM – 8:00PM Adult Open Gym (Ages: 18Y+)				

● = Pre-booking required | ●● = Registration required

Schedule is subject to change.

## Program Descriptions

### **Adult Badminton | Ages: 18Y+**

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

### **Child Active Play | Ages: 6Y-8Y**

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. Registration is required.

### **Child Indoor Soccer | Ages: 6Y - 8Y**

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required. Registration is required.

### **Pre-Teen Active Play | Ages: 9Y - 12Y**

This program will emphasize the use of fundamental movement skills. Pre-Teens will be exposed to a variety of traditional and unique sports and will put sport specific drills and skills to practice during organized games. Participants will develop skills that are the building blocks for success in sport and life-long enjoyment of physical activity. Registration is required.

### **Family Karate – Beginner | Age: 6Y+**

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Registration is required.

### **Family Tae Kwon Do | Ages: 6Y+**

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience needed. Registration is required.

### **Open Gym**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

### **Pickleball | Ages: 18Y+**

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities Focus is on participation and fun.

## **Child and Youth Age and Access Policies**

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor unattended. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.