

# January – March Gym Schedule

**Open Basketball** is for anyone in the facility to participate in full court basketball.

**Pickelball** is an active paddle sport for men and women to play.

**Open Youth and Family** is a time where, youth ages 1-12, as well as parents and their children, can play basketball or be active together.

**Open** is time is for anyone to use the court to be active.

**Family Gym Time** is gym space set aside for families to be active together. There will also be sports equipment to participate with.

**HKU**-Healthy Kids University is a free to member program offered to members of the YMCA, which allows parents to drop/off and pick/up their child/children in the gym with YMCA Staff.

**Gym Class** is offered to youth ages 1 – 6. The class offers a variety of sports and games throughout each session.

**Basketball Class** is offered for 4-7 year olds. The class will help your child learn the basics of dribbling, shooting and passing through drills, activities and skill-related games.

**Fencing Class** is offered for boys and girls ages 10 – adult. This class teaches participants about the sport of fencing, from skilled instructors with Triblade Academy. Equipment is provided, please wear comfortable gym attire.

**Home School Gym** allows home school students to learn a variety of sports and activities.

**Youth Basketball Practices** is our Itty Bitty Basketball League at the YMCA. This 8 week program will help your child improve on the basics of dribbling, shooting, passing, teamwork and sportsmanship through a variety of drills and activities.