



# Sault Ste. Marie YMCA

## Gymnasium Schedule 2021

March 1 - June 19, 2021

235 McNabb Street  
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**Programs and Schedules** are subject to posted changes.

All fitness classes require a minimum of three (3) participants.

Tickets are required for the Adult Fitness Classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 8:00-10:00am (1 court)	Pickleball 9:00-11:00am (1 court)	Pickleball 8:00-10:00am (1 court)	Pickleball 9:00-11:00am (1 court)	Pickleball 8:00-10:00am (1 court)	Mini Hockey 10:00-10:45am
Joints in Motion 10:30-11:00am		Joints in Motion 10:30-11:00am		Joints in Motion 10:30-11:00am	
Forever Fit 12:30-1:15pm		Zumba Gold 12:30-1:15pm			YBC SKILLS 12:00-3:30pm
CLOSED FOR FACILITY CLEANING 2:00 - 3:00PM					
Strong 30 5:30-6:00pm	Learn to Train Floor Hockey 5:00-6:00pm	FUNdamentals Basketball 5:30-6:30pm	FUNdamentals Soccer 5:00-6:00pm		
Learn to Train Soccer 6:30-7:30pm	Learn to Train Basketball 6:30-7:30pm	JR Bootcamp 7:00-7:30pm	FUNdamentals Floor Hockey 6:30-7:30pm		

- Adult Fitness Class
- Registered Program
- Activity Area Closed

# Program Information

AGE	PROGRAM	DESCRIPTION
3 - 5	MINI HOCKEY	What could be better than mini hockey for mini tykes! In this program preschoolers will get a chance to try out hockey on a smaller scale. Using our Active Start model, each child will get tons of experience, play time and practice with the use of various activities. This allows for limited wait time and maximum fun! Parents must accompany child during program. This program is included in your membership.
5 - 8	FUNDamentals FLOOR HOCKEY	Participants will develop physical literacy through floor hockey. Participants will learn the fundamentals of hockey such as stick handling, shooting, and passing through fun drills.
5 - 8	FUNDamentals SOCCER	Participants will develop physical literacy through soccer. Participants will learn the fundamentals of soccer such as passing, and shooting through fun drills.
5 - 8	FUNDamentals BASKETBALL	This program will focus on developing physical literacy learning the game of basketball. Participants will learn the fundamentals of basketball such as dribbling, and shooting through drills.
9 - 12	LEARN TO TRAIN SOCCER	This program will focus on learning the game of soccer in an active and safe environment. Participants will be exposed to the basic and more advanced skills of soccer through a fun, age appropriate games approach. A variety of activities will be facilitated each week allowing participants to build on fundamental movement skills and develop fundamental sport skills.
9 - 12	LEARN TO TRAIN FLOOR HOCKEY	This program will focus on learning the game of hockey in an active and safe environment. Participants will be exposed to the basic and more advanced skills of hockey through a fun, age appropriate approach. A variety of activities will be facilitated each week allowing participants to build on fundamental movement skills and develop fundamental sport skills. Please bring your own hockey stick, we will provide hockey sticks only to participants who may not have their own.
9 - 12	LEARN TO TRAIN BASKETBALL	This program will focus on learning the game of basketball in an active and safe environment. Participants will be exposed to the basic and more advanced skills of basketball through a fun, age appropriate approach. A variety of activities will be facilitated each week allowing participants to build on fundamental movement skills and develop fundamental sport skills.
6-9	JUNIOR BOOTCAMP	This fun and high-energy program consists of sports drills, light weights, jump rope, circuits, fun games and interval training.
8 - 13	YBC SKILLS	This program will promote physical literacy in Long-Term Development in Sport and Physical Activity. Participants will develop fundamental and advanced basketballs skills using drills and fun activities each week. \$20.00
13+	JOINTS IN MOTION	Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement.
13+	FOREVER FIT	This class has the benefit of improving posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights to increase strength. This is a great class for beginners or the older adult.
13+	STRONG 30	Start training to the beat. STRONG 30™ combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music.
13+	ZUMBA GOLD	A cardio workout with Latin flavour and international zest. A Zumba workout for a beginner or the older adult.
18+	PICKLE BALL	New to the Sport? Learn Pickle Ball at your own pace in a practice session. It is a fun racquet sport that combines the elements of tennis, badminton and table tennis. Then bring your game to a Pickle Ball match! Please call Membership Services to book courts.