



Sault Ste. Marie YMCA

Gymnasium Schedule 2021

September 11, 2022 - December 17, 2022

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
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Programs and Schedules are subject to posted changes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN GYM 6:00-8:45am	OPEN GYM 6:00-8:45am	OPEN GYM 6:00-8:45am	OPEN GYM 6:00-8:45am	OPEN GYM 6:00-8:45am	OPEN GYM 7:00-9:45am
Pickleball 9:00am-2:00pm (2 courts)	Pickleball 9:00am-2:00pm (2 courts)	Pickleball 9:00am-2:00pm (2 courts)	Pickleball 9:00am-2:00pm (2 courts)	Pickleball 9:00am-2:00pm (2 courts)	Mini Hockey 10:00-10:30am
					OPEN GYM 10:45-11:45am
OPEN GYM 2:00-6:00pm	OPEN GYM 2:00-4:45pm	OPEN GYM 2:00-4:45pm	OPEN GYM 2:00-4:45pm	OPEN GYM 2:00-8:30pm	YBC SKILLS 12:00-3:30pm
	FUNdamentals Basketball 5:00-6:00pm	Y Soccer FC (5-8 yrs) 5:00-6:00pm	FUNdamentals Floor Hockey 5:00-6:00pm		
Youth Volleyball 6:30-7:30pm	All Sorts of Sports 6:15-7:15pm	Y Soccer FC (9-12) 6:15-7:15pm	Y Youth Floor Hockey League 6:15-7:15pm		OPEN GYM 3:45-6:30pm
OPEN GYM 7:30-8:30pm	OPEN GYM 7:30-8:30pm	OPEN GYM 7:30-8:30pm	Volleyball 7:30-8:30pm		

- Adult Program
- Registered Program
- Open Gym

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 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.
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.
9 - 12	Y YOUTH FLOOR HOCKEY LEAGUE	This program participants will part take in weekly 3 on 3 or 4 on 4 scrimmages which will give participants the opportunity to use new skills or hone their previous skills in a safe environment. All participants will part take in a 15 minute skills session before each game. Teams will be broken up by staff to ensure fair play. All scrimmages will not include a goaltender.
5 - 8 9 - 12	Y SOCCER FC	Weekly participants will part take in soccer related drills and skills. Each week participants will part take in a 15 minute skills development and 45 minute 4 on 4 scrimmage. This will give the opportunity to develop or refine skills in a safe learning environments.
9 - 12	ALL SORTS OF SPORTS	This program is designed to introduce new and traditional sports to participants each week. Test your aim in a game of disc golf or throw your best pass in a game of indoor flag football.
10-14	YOUTH VOLLEYBALL	Learn the basics and fundamentals of volleyball, and develop skill to play! Participants will learn how to serve, volley, bump, block and more.
15+	VOLLEYBALL	serve, volley, bump, block and more for the new and experienced player.
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.