







Activity Center Fall 2011 (effective October 20th)

All Open Gym times are for ages 10 and up. All programs are subject to change.

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
5:30 to 8:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
8:00 to 12:00	OPEN GYM					Little Sportsters 9-10am	
12:00 to 2:30	Adult Hoops Age 24+ 12-1:15pm	OPEN GYM	Adult Hoops Age 24+ 12-1:15pm	OPEN GYM	Adult Hoops Age 24+ 12-1:15pm	Open Gym	Open Gym
	Hoops Age 16+ 1:15-2:30pm		Hoops Age 16+ 1:15-2:30pm		Hoops Age 16+ 1:15-2:30pm		
2:30 to 3:30	Teen/Middle School Hoops Age 15 and under						
3:30 to 5:30	Fitkidz 3:30-5pm	Teen/Middle School Hoops Age 15 and under	Fitkidz 3:30-5pm	Teen/Middle School Hoops Age 15 and under	Teen/Middle School Hoops Age 15 and under	Open Gym	Open Gym
	Begins soon! Buggy Bootcamp (Pre/Postnatal Fitness) 4-5pm 		LITTLE SPORTSTERS 5-6pm 				
5:30 to 9:30 PM	OPEN GYM Youth Basketball Practice begins Nov. 7 th	ZUMBA 5:30-6:30 	OPEN GYM Youth Basketball Practice begins Nov. 7 th	ZUMBA 5:30-6:30 	OPEN GYM Youth Basketball Practice begins Nov. 7 th	Open Gym	Open Gym
		Adult Hoops (Age 24+) 7-8:30 PM Hoops (Age 16+) 8:30-9:30		Open Gym 7:00-9:30 PM Youth Basketball Practice begins Nov. 7 th			



What to transform your workouts but aren't sure how?

Ask the Fitness Staff about MOBILEFIT

Mobilefit is FREE & available only to Y members. Track your workouts & get inspiration to try something new.

Sonoma County Family YMCA

Activity Center Schedule

Activity Center Rules

1. Profane language and gestures or shirts with written or illustrated profanity are prohibited.
2. Sportsmanship, clean language and non-violence are expected patterns of behavior. Please be considerate of your fellow members.

Basketball

DO NOT PULL ON RIMS....Thank you!

1. To play, each person must sign up on the board as they enter the gym. **A player must be present to sign-up.** After 4 people sign up, a new team is formed. *The playing order will depend on what order the players sign up, not on when they enter the gym.*
2. If there is a game in progress, write your name on the sign-up board to assure your place in line. If you're not available when your name is called, you lose your spot in line.
3. A Winning Team must leave the court after 3 consecutive wins and will be up to play after 2 games played. 2 winning game max, if over 20 players are present.
4. Fouls: Intentional "hacking" or any attempt to hurt another player is not allowed. **This will result in that player's removal from the Activity Center.**
5. Team "stacking" is prohibited.
6. Erasing of other's names is prohibited.

OPEN GYM –Open to ages 10 and up. Pick-up games during scheduled time. First come, first served.

PING PONG – The YMCA has a Ping Pong table. Ping Pong may be played during open gym if there are less than 8 basketball players on the courts. When Ping Pong is listed on the schedule half the court is available for use. On non-increment days the table can be taken outside *if there are no other programs utilizing the area*. Paddles and balls are available at the front desk – ask the Fitness Staff upstairs for assistance with the table if needed.

ADULT BASKETBALL – is broken up into 2 age groups: Age 24+ and age 16+. Join in a game of hoops during "Noontime Basketball" or on Tuesday night. Be ready to sweat!

MIDDLE SCHOOL HOOPS – Teens 15 and under are welcome to play a game of hoops after school.

LITTLE SPORTSTERS – 3-5 year olds. A non-competitive preschool sports program where children will have the opportunity to learn the basic fundamentals of the sport, meet new friends, and have fun. Sign-up in the YMCA Program Office, 1207 College Ave., \$ call 707-544-1829 for fees.

YOUTH BASKETBALL LEAGUE – A fun, recreational basketball league for youth ages 6-17 focusing on sportsmanship, teamwork, fair play YMCA Character Values (Caring, Honesty, Respect, and Responsibility), and the basic fundamentals of the game. Contact our Youth Sports Coordinator in the Program office across the street at 544-1829 for more information.

FITKIDZ – Mondays & Wednesdays from 3:30-5PM. A fun movement class designed to be active in a safe, supervised environment. They enjoy: USTA Youth tennis, Pickleball, Obstacle Courses, Hula Hoops, Jump Ropes, Soccer, Football and Gold sports drills & fun Strength and endurance Circuits too! There is a fee for this class, please see flyer for details.

BUGGY BOOTCAMP–_Please see Pre/Postnatal fitness brochure for details