






Activity Center

Summer 2010 (effective July 1st)

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

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
						Family Boot Camp 7:00 – 7:45 	
8:00 to 12:00	GOT Y CAMP? The Activity Center is full of... SUMMER CAMP 2010 ACTIVITIES! June 7 th -Aug 13 th					Little Sportsters 9 – 10AM \$	8-9am  BOXING FITNESS Ages 18 & up Begins in August!
12:00 to 2:30	Adult Hoops (18+)	Got Y Camp? Summer Camp	Adult Hoops (18+)	Got Y Camp? Summer Camp	Adult Hoops (18+)	OPEN GYM	
2:30 to 3:30	GOT Y CAMP? SUMMER CAMP 2010 ACTIVITIES!						
3:30 to 5:00	Fitkidz	Teen Hoops	Fitkidz	Teen Hoops	Ping Pong Or Open Gym		
5:00 to 9:30 PM	Open Gym 5:00 –6:00PM	Little Sportsters 5-6PM \$	Open Gym 5:00 –6:00PM	Little Sportsters 5-6PM \$	Open Gym 5:00 –6:00PM		
		Indoor Soccer 6-7pm \$		Cardio Boxing 6:30-7:30pm (seasonal) 			
	Open Gym 8:00 –9:30PM	Adult Hoops (18+) 7 – 9:30 PM	Open Gym 8:00 –9:30PM	Open Gym 8:00 –9:30PM	Open Gym 7:00 –9:30PM		

Adult Boxing begins in August!

The Harvest Fair Run is Sunday October 3rd! Volunteer, run or walk. We still have a 10K as well as a new 1K & 5K (no 3K this year)

Sonoma County Family YMCA

Activity Center Schedule

FACILITY HOURS

Monday – Friday: 5:30 AM – 9:30 PM
Saturday & Sunday: 7:00 AM – 7:30 PM

DAY USE FEES

	<u>with YMCA member</u>	<u>w/o YMCA member</u>
Adults (18 and up):	\$5	\$15
Teen (15 – 17):	\$2.50	\$7
Youth (6 – 14):	\$1	\$4

Activity Center Rules

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

Basketball

PLEASE... DO NOT PULL ON RIMS

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 3 games played.
3. 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. It is the responsibility of the players to keep the game clean.

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 12 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 for assistance with the table if needed.

ADULT BASKETBALL – Adults (18+) are welcome to join in a game of hoops during the Y's traditional "Noontime Basketball" Monday thru Friday or finish the day with hoops on Tuesday night. Be ready to sweat!

MIDDLE SCHOOL HOOPS – Teens 15 and under are welcome to play a game of hoops after school. Half the gym is reserved and the other half is available if more than 12 players are available.

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 Youth Sports Coordinator, Bill Roberts-Ross at 544-1829 x3323 for more information.

FITKIDZ – Mondays & Wednesdays from 3:30-5PM. A fun movement class designed to let youth ages 5-10 be active in a safe supervised environment., Obstacle Courses, Hula Hoops, Jump Ropes, Indoor Golf, Sports drills & fun Strength and endurance Circuits too! There is a fee for this class, please see flyer for details.