



Activity Center

September 2008

Activate Youth with YMCA programs designed to assist youth in making healthy lifestyle choices.

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday		
5:30 to 8:00	Open Gym	Open Gym	Open Gym	Athletic Training 5:30 – 6:15AM	Open Gym	Family Athletic Training	Open Gym		
8:00 to 9:00				Little Sportsters 9-11AM \$					
9:00 to 10:15				Open Gym		Open Gym		Open Gym	Open Gym
10:30 to 12:00									
12:00 to 3:00	Adult Hoops 18+ 12 – 3PM					 <p>Youth Basketball Clinic September 20 – 21st Ages 8 – 15 Beg/Int 10 – 12 Int/Adv 1 -3 For more information contact: Youth Sports Coordinator, Bill Roberts Ross 544-1829 x3323</p>			
3:00 to 5:00	Youth Express Circuit Ages 7-12 \$	Youth Fun Zone Ages 5-10 \$	Youth Express Circuit Ages 7-12 \$	Youth Fun Zone Ages 5-10 \$					
5:00 to 9:30 PM	Open Gym 5 –9 :30PM	Little Sportsters 5-6PM \$	Open Gym 5 - 9:30	Little Sportsters 5-6PM \$					
		Open Gym 6-7PM		Open Gym 6-9:30PM					
		Adult Hoops (18+) 7 – 9:30 PM			Open Gym 3-9:30PM				

All Open Gym times are for ages 12 and up. All programs are subject to change

Sonoma County Family YMCA

Activity Center

FACILITY HOURS

Monday – Friday:	5:30 AM – 9:30 PM
Saturday:	7:00 AM – 7:30 PM
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. Put them in practice.
3. Non-marking shoes only.

Basketball

PLEASE... DO NOT PULL ON RIMS

1. To play, each person must sign up on the board as they enter the gym. 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. 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.

PROGRAM DEFINITIONS

OPEN GYM –Open to ages 10 and up.

ADULT BASKETBALL – Adults (18+) are welcome to join in a game of hoops during the Y's traditional "Noontime Basketball" M – W – F, or hoop it up on Tuesday nights. Be ready to sweat!

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 FUN ZONE - Tuesday and Thursdays 3-5PM. A fun movement class designed to let youth ages 5-10 be active in a safe supervised environment. Basketball, Obstacle Course, Hula Hoops, Jump Ropes, Indoor Golf, Nutrition Challenges and more! Members \$1/day; Program members \$2/day; Non-members \$3/day.

YOUTH EXPRESS CIRCUIT – Mondays and Wednesdays 3-5PM. A Cardio/strength Circuit for youth ages 7-12 utilizing fun interactive forms of cardio training, strength training and sports fitness. Members \$10/month, Program Members \$20/month, Non-members \$25/month

Activate Youth Mission:

Utilize youth programs to assist youth in being aware of making healthy lifestyle choices.