



GYM SCHEDULE—SPRING

YMCA OF THE NORTHWOODS: April 15 – June 2

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Begins April 15
Ends June 2

Updated 3/18/2019

This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

School Out Days:

April: 19

During these days the **WEST Gym** will be **RESERVED** from 9:30AM-10:30AM.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	
5:30AM Open Pickleball		5:30AM Open Pickleball	5:30AM Open Pickleball	5:30AM Open Pickleball		5:30AM Open Pickleball	5:30AM Open Pickleball							
7:30 AM		7:30 AM	7:30 AM			7:30 AM	7:30 AM							
	8:30AM Glutes & Guts 9:25AM	8:00AM Co-ed Open Basketball	8:30AM Functional HIIT 9:25AM		9:00AM Open Pickleball		8:30AM Functional HIIT 9:25AM 9:30AM Headwaters Inc. 10:30AM		8:00AM Co-ed Open Basketball		7:00AM Indoor Golf Net 9:00AM			
											9:00AM Youth Co-ed Volleyball	9:00 AM Youth Co-ed Volleyball	9:00AM Open Pickleball	9:00AM Open Pickleball
	11:00AM Adult Archery 12:00PM		10:30AM Home School Sports 11:15AM				10:30AM Indoor Golf Net			11:00AM Open Pickleball	11:00AM Open Pickleball			
		12:00PM Open Pickleball	12:00PM Open Pickleball			12:00PM Open Pickleball	12:00PM Open Pickleball							
										1:00PM Open Pickleball	1:00PM Open Pickleball			
		3:00PM	3:00PM				3:00PM					2:00PM Family Zone		
3:00PM After School Weather Permitting 4:00PM		3:00PM After School Weather Permitting 4:00PM	3:15PM Power Zone	3:00PM After School Weather Permitting 4:00PM			3:00PM After School Weather Permitting 4:00PM		3:00PM After School Weather Permitting 4:00PM					
	4:00PM Youth Archery 5:00PM				4:00PM Youth 3v3 Basketball		4:00PM Youth Archery 5:00PM							
4:40PM PS Sports 5:10PM							5:00PM Tabata 5:30PM							
5:20PM P/C Sports 5:50PM			5:25PM				5:30PM Zumba@ Fitness 6:25PM							
6:00PM Co-ed Volleyball A-League Ends April 29	6:00PM Co-ed Volleyball B-League Ends April 29		5:30PM Zumba@ Fitness 6:25PM		6:30PM Women's Volleyball League Ends April 30		6:30PM Adult Basketball League Ends May 2	6:30PM Adult Basketball League	6:00 to 9:00PM Y Zone Dates: April 12 May 17					
9:00PM	9:00PM		9:00PM		7:00PM					8:00PM	8:00PM			

Special Events

Healthy Kids Day
Saturday, April 27th
Time: 9:00am-12:00pm

Hodag Run For Your Life
Saturday, June 22nd
Chase the Hodag Art Contest
Contest Deadline: May 17th



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Family Zone

WHY: Strengthening Family Bonds Creating Lasting Memories

WHEN: Saturdays: 2:00–5:00PM

WHAT: Special Activities

FEE: Free for members/\$10 for non-members

Power Zone

WHY: Creating a Fun, Safe Energy-Burning Recreational Time

WHEN: Tuesdays & Thursdays: 3:15–5:25PM

AGES: Children ages 8 to 12 years old

FEE: Included in a Family Membership

Y Zone

WHY: Variety of Youth Activities in a Supervised Safe & Fun Environment

WHEN: 1 Friday per Month: 6:00–9:00PM

WHEN: April 12 & May 17

FEE: Free for members/\$10 for non-members

HODAG RUN FOR YOUR LIFE

WHEN: Saturday, June 22nd

RACES: 5K Run/Walk, 5K Stroller Division, 10K Run, and Group Rates Available!

FEES: \$25 Group Rate. \$30 on or before June 9. \$35 after June 9.

LOCATION: Hodag Park, Beach House

KIDS CHASE THE HODAG

FREE Kids Chase the Hodag Race, sponsored by Kiwanis Club of Rhinelander, takes place at 10:30am. The first 200 registered youth participants receive a free Kids Chase t-shirt.

Chase the Hodag Art Contest: Students in grades K – 5th are invited to help the YMCA of the Northwoods design the 2019 Chase the Hodag Fun Run t-shirts! Contestants should design and create a picture that relates to running, kids and Hodags. Use your imagination, creativity is encouraged! **Contest Deadline: May 17th**

ADULT ARCHERY

This adult indoor Target Archery class consists of shooting at stationary bulls-eye targets. It is a great way to learn and practice the skill of archery. All equipment is provided. The bows are adjustable for all to be successful no matter their size or ability. *\$15 Member per 7 Week Session - \$35 General Public per 7 Week Session.*

ADULT BASKETBALL LEAGUE

A "call your own" foul league that consists of a league on Thursdays only The league will run as a round robin and feature a double elimination tournament with the champions bringing home coveted Y t-shirts. The league entry fee is \$150 per team. 60 minutes slotted per game. Please contact the Y for season information.

CO-ED OPEN BASKETBALL

Hit the hardwoods with the people who invented the game—the YMCA! Stay in shape through the season by playing YMCA basketball. These classes are for recreation, but Y players can get competitive. Bring a group of players or come individually. Play is on Tuesdays and Fridays from 8:00–9:30AM. *Free for members. Day Pass for general public.*

CO-ED VOLLEYBALL LEAGUE

Co-ed Volleyball is a "call your own league" that consists of an A and B League. The A League is designed for the more advanced player, hard hitting is expected, and jump serving is allowed. The B League is designed for the intermediate player and those looking to simply enjoy a night of volleyball. Both leagues will feature round robin play and a double elimination tournament with the champions bringing home coveted Y t-shirts. The league will have an entry fee of \$150 per team. 60 minutes slotted per game. Please contact the Y for season information.

FUNCTIONAL HIIT

HIIT (High Intensity Interval Training) is a course designed to challenge and improve aerobic capacity and muscular endurance. It features a wide variety of rapid paced burst exercises and bodyweight isometrics to burn fat and build lean muscle. Our Nationally Certified Personal Trainer Steve Augustyn will deliver this program!

GLUTES AND GUTS

This is an 'express class' that will focus on the glutes, abs and inner thighs using various equipment and exercises, other than squats and crunches.

INDOOR GOLF NET

Practice your golf swing year round with our indoor golf net.

OPEN PICKLEBALL

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong while contributing to an active, healthy lifestyle. Perfect for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come out and enjoy the social and physical benefits of playing one of the fastest growing recreational sports in the country. *Free for members. Day Pass for general public.*

TABATA

Tabata is a high intensity interval training workout featuring exercises that last 4 minutes. You will get more impact on both the aerobic and anaerobic systems while using all available equipment. Tabata Triple Threat is a combination of cardio, strength and core exercises. Designed to work up a sweat, challenging yourself to your limits and beyond!

WOMEN'S VOLLEYBALL LEAGUE

This "call your own league" has each player designated as their own 'team'. If you are unable to attend a night, please find a sub for yourself or it will be counted as a loss. Players will play with 4 other women on one side. Some experience preferred. . 60 minutes slotted per game. Please contact the Y for season information. *\$5 for members and \$15 for non-members.*

ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level!

PLEASE SEE THE [YOUTH SCHEDULE](#) FOR YOUTH CLASS DESCRIPTIONS.