

All Sport One Day @ Shane Homes YMCA at

Rocky Ridge

August 17th Schedule

9:45AM-11:00AM

Sport	Age Group
Intro to Indoor Climbing	6-9
Badminton	12-15
Y Thrive & Synergy Circuit	10-13
Swim to Survive	6-8

12:45PM-1:45PM

Sport	Age Group
Intro to Indoor Climbing	6-9
Basketball	10-13
Y Thrive & Synergy Circuit	14-17
Swim to Survive	6-8

11:15AM-12:15PM

Sport	Age Group
Intro to Indoor Climbing	10-17
Basketball	8-11
Swim to Survive	9-12
Group Cycle	10-13

2:00PM-3:00PM

Sport	Age Group
Intro to Indoor Climbing	10-17
Floor Hockey	8-11
Swim to Survive	9-12
Group Cycle	14-17

Session Description

Sport	Description
Basketball	Set down some skills! Participants will develop individual skills through a series of structured games and drills - learning how to "own the ball" before they share the ball. Players will gain an understanding of the game of basketball and learn how to apply newly developed skills to become an effective team player. To finish off the session, we will play a fun, informal game!
Intro to Indoor Climbing	Get a grip on the basics of climbing in this recreation program! Your child will participate in bouldering activities, games, and useful climbing skills that will foster the abilities to reach new heights.
Badminton	Badminton is a blast! Explore the foundational skills of badminton and develop a love for this fast-moving game. Participants will start with a warm-up, then move into a skills session and wind things up with an informal game to apply your new skills.
Floor Hockey	Participants will be introduced to the fun sport of floor hockey! During this session they will develop individual skills through a series of structured games and drills. To finish off, the session will end with an informal game.
Swim to Survive	Swim to Survive® is different from swimming lessons - and not a replacement for them. Swim to Survive® teaches the necessary skills to survive an unexpected fall into deep water. Learn crucial survival skills including rolling into deep water, treading for a minute, and swimming 50 meters to promote water safety.
Y Thrive & Synergy Circuit	Along with an orientation of the weight floor and the machines, participants will also do a challenging and fun workout on the Synergy Group Training system. This circuit-style class incorporates cardio and strength exercises using a variety of equipment with an emphasis on proper execution of movements.
Group Cycle	Up your cycling skills! Come prepared for a cardiovascular workout that emphasizes proper form, technique and safety. Challenge your endurance and stamina with hills, climbs, sprints and more on an indoor cycling bike. This class takes place indoors in our fitness studios.