



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

FALL 2018 JANUARY 7 – JANUARY 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00am								
5:30am	Open 5:00-7:00	OPEN 5:00-7:00	OPEN 5:00-7:00	OPEN 5:00-7:00	OPEN 5:00-7:00			
6:00am								
6:30am								
7:00am								
7:30am	Pickleball 7:00-9:00	Pickleball 7:00-9:00	Pickleball 7:00-9:00	Pickleball 7:00-9:00	Pickleball 7:00-8:00			
8:00am								
8:30am								
9:00am								
9:30am	½ CLOSED 9:00-11:00 (Child Care)	½ CLOSED 9:00-11:00 (Programs)	½ CLOSED 9:00-11:00 (Child Care)	½ Gym Pickleball 9:00-11:00	½ CLOSED 9:00-11:00 (Child Care)	½ Gym Pickleball 8:00-10:00		
10:00am								
10:30am								
11:00am								
11:30am	OPEN 11:00-12:00	OPEN 11:00-12:00	Pickleball 11:00-12:00	Pickleball 11:00-12:00	Pickleball 10:00-12:00	½ Open ½ Family Gym 6:00-6:00	½ Open ½ Family Gym 10:00-4:00	
12:00pm								
12:30pm	NOON PICK-UP SPORTS: Pickleball (Ages 16+) 12:00-2:00	CLOSED 12:00-1:00 (Programs)	NOON PICK-UP SPORTS: Pickleball (Ages 16+) 12:00-2:00	NOON PICK-UP SPORTS: Pickleball/Basketball (Ages 16+) 12:00-2:00				NOON PICK-UP SPORTS: Basketball (Ages 16+) 12:00-2:00
1:00pm		½ CLOSED 1:00-1:30 4K	½ OPEN 1:00-1:30					
1:30pm	OPEN 2:00-5:00	OPEN 1:30-4:00	OPEN 2:00-4:00	Advanced Pickleball 2:00-4:00	OPEN 2:00-4:30			
2:00pm								
2:30pm								
3:00pm								
3:30pm	Closed 5:00-7:10 (Programs)	Pick-Up Sports: Indoor Soccer (Ages 16+) 4:00-6:00	½ Family Gym 4:00-7:30	½ Open Gym 4:00-7:30	½ Family Gym 4:00-7:30	½ Open Gym 4:00-7:30	½ Family Gym 4:30-7:30	½ Open Gym 4:30-7:30
4:00pm								
4:30pm								
5:00pm								
5:30pm	Open Gym 7:10-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00			
6:00pm								
6:30pm								
7:00pm								
7:30pm	Open Gym 7:10-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00	Open Gym 7:30-9:00			
8:00pm								
8:30pm								
9:00pm								

GYM CLOSURES

Updated: 12/27/18

Saturday, January 12th – ½ Closed 8:00-11:00am

Gym Schedule subject to change at any time – YMCA programming takes precedence

Open Gym = ½ court/center court pickup games are allowed

Family Gym = no pickup games, be respectful of parents bringing in their children to shoot hoops

YMCA OF DODGE COUNTY

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United Way
of Dodge County





Family Gym Rules

1. Please be courteous toward members and staff. Profanity and foul language are not permitted.
2. Children 7 and under must be actively supervised by an adult.
3. Food and beverages are not allowed with the exception of water and during YMCA programming.
4. Non-marking indoor shoes are required for use of the gym. No swim suits allowed.
5. Fighting, threatening or indecent conduct will not be permitted.
6. YMCA programming takes priority over open gym time.
7. Dunking and hanging on basketball rims is prohibited except during YMCA organized leagues.
8. Music played over a speaker must be appropriate for all age levels and contain no profanity or derogatory language.
9. Basketball hoops are lowered only during classes, leagues, and when a YMCA supervisor is assigned to the gym.
10. Please keep your valuables at home; the YMCA is not responsible for belongings that are lost or stolen.
11. Families & individuals will be given priority during open gym. Pick-up games cannot use more than half of the gym during this time.
12. As a family facility, we expect all members and guests to act within the boundaries of the YMCA's core values of honesty, respect, responsibility and caring.

The YMCA management staff reserves the right to modify the rules at its discretion to ensure the safety of all members, guests and staff. Good sportsmanship is expected for all activities.

PICKLEBALL RATING DESCRIPTIONS

This rating system has been created to help describe differences in various skill levels.

Beginner

- 1.0 New, with only minimal knowledge of the game and rules.
- 1.5 Limited to some rallies. Learning how to serve. Developing a forehand. Fails to return easy balls frequently and occasionally missed the ball entirely. Play a few games, and is learning the court lines, scoring, and some basic rules of the game.
- 2.0 Sustains a short rally with players of equal ability. Demonstrating the basic shot strokes forehand, backhand, volley, overhead, and the serve, but has obvious weaknesses in most strokes. Familiar with court positioning in doubles play.

Intermediate

- 2.5 Makes longer lasting slow-paced rallies. Makes most easy volleys and uses some backhands, but needs more work on developing shot strokes. Beginning to approach the on-volley zone to hit volleys. Aware of the "soft game". Knowledge of the rules has improved. Court coverage is weak, but is improving.
- 3.0 More consistent on the serve and service return, and when returning medium paced balls. Demonstrates improved skills with all the basic shot strokes and shot placement, but lacks control when trying for directions, depth, or power on their shots. Beginning to attempt lobs and dinks with little success, and does not fully understand when and why they should be used. Unforced error (10 plus) is the major concern at this level.

Advanced

- 3.5 Demonstrates improved stroke dependability with directional control on most medium paced balls, and some faster paced balls. Demonstrates improved control when trying for direction, depth and power on their shots. Needs to develop variety with their shots. Exhibits some aggressive net play. Beginning to anticipate opponent's shots. Learning about the importance of strategy and teamwork in doubles. Unforced errors (5-9) have dropped.
- 4.0 Consistent and dependable strokes, including directional control and depth both on the forehand and backhand shots. Reliable serves, lobs, overheads, approach shots and volleys, and can use spin shots with some success. Occasionally can force errors when serving. Rallies may be lost due to impatience. Uses the dink shot and drop shots to slow down or change the pace of the game. Demonstrates 3rd shot strategies – drop shots, lobs, and fast paced groundstrokes. Aggressive net play and teamwork in doubles is evident. Fully understands the rules of the game and can play by them. Unforced errors (1-5) have reduced.
- 4.5 Beginning to master the use of power and spin, can successfully execute all shots, can control the depth of their shots, and can handle pace. Beginning to master the dink shots and drop shots, and their importance to the game. Beginning to master 3rd shot choices. Displays sound footwork and moves well enough to get to the non-volley zone whenever requires. Understand strategy and can adjust style of play and game plan according to the opponents' strengths and weaknesses, along with court position. Serves with power and accuracy, and can vary the speed and spin of the serve. Understands the importance of "keeping the ball in play", and the effects of making errors. Making good choices in shot selections. Anticipates the opponents' shots, resulting in good court positioning.

Expert

- 5.0 Mastered all skills – all shot types, touch, spin, serves – with control, and can use them as weapons. Excellent shot anticipation, extremely accurate shot placement, and regularly hits winning shots. Forces opponents into making errors by "keeping the ball in play". Mastered the dink and drop shots. Mastered the 3rd shot choices and strategies. Uses soft shots, dinks, and lobs to set up offensive situations. Mastered Pickleball strategies, and can vary strategies and styles of play in competitive or tournament matches. Dependable in stressful situations, as in tournament match play. Athletic ability, quickness, agility and raw athleticism are also qualities that can be used to separate the top players from those near the top.

Verify your own self rating: You and your teammate have identical self-ratings but opponents hit the majority of returns to only one of you. Re-evaluate self-rating. It is unlikely you are currently at the same level.