

PINE LAKE GYM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	PICK UP BASKETBALL 6:00-7:30		PICK UP BASKETBALL 6:00-7:30		PICK UP BASKETBALL 6:00-7:30		
7:00 AM							PICK UP BASKETBALL 7:00-8:30
8:00 AM							PICKLEBALL 3.0+ 8-10:30
9:00 AM							
10:00 AM						PICKLEBALL 101 Coach led program Starts 9/17 10:00-11:30	
11:00 AM			OPEN PICKLEBALL 11:00-1:00		OPEN PICKLEBALL 11:00-1:00		
12:00 PM							YOUTH BASKETBALL CLINIC (Coach Brandon) 12:00-3:00 <i>Register on website</i>
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	KID FIT 5:30-6:30 (1/2 court)	PICKLEBALL 3.0+ 5:00-7:00	KID FIT 5:30-6:30 (1/2 court)	PICKLEBALL 3.0+ 5:00-7:00			
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							

Birthday parties may be scheduled on Saturday or Sunday afternoons from 1 – 4pm and will be posted ahead of time. Outside scheduled programming basketball has priority for open play.



PINE LAKE GYM SCHEDULE

Youth Fitness Classes

Kid Fit (September – May)

Staff will organize a wide variety of gym games like four corners, hopscotch, jump roping, fire in the forest with pool noodles, lots of running games and activities to keep the kids moving while social distancing! This activity is for Members only!

Days: Mondays and Wednesdays

Time: 5:30–6:30pm

Ages: 5–11

Fees: Free for Members

Programs

Kid Fit

Staff will organize a wide variety of gym games like four corners, hopscotch, jump roping, fire in the forest with pool noodles, lots of running games and activities to keep the kids moving! This activity is for Members only!

Date: Mondays and Wednesdays

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Ages: 5–11

Fees: Free for Members

Saturday Basketball Training with Coach Brandon

Coach Brandon runs Youth Basketball clinics on Saturdays. These small group sessions are designed to improve skills at game speed and open to girls and boys of all ages and abilities. Each session will run for 4 weeks. Registration on our website under Youth Activities.

Dates: Session 4: January 4–25

Times: 12–1pm (Ages 5–11)

Fees: \$200 + tax Member
\$240 + tax Non-member

Pickleball 101

This is a coach led program that is offered each Saturday 10 to 11:30am. During this time Coach Ginger will review the rules of the game, set up some drills and organize some short games. This is a free program for Members. Standard guest fee would apply for Non-members.

Day: Saturdays, mid-September–mid-May

Time: 10–11:30am

Ages: 15 and up

Pickleball 3.0

For those who are a little more familiar with the sport and able to maintain a higher level of play.

Days: Tuesday/Thursday, 5–7pm &

Sundays, 8–10:30am

Rating Definition - Rating 3.0 Means:

- Has a consistent serve and returns medium-paced balls reliably.
- Able to make all basic strokes.
- Consistent both forehand and backhand strokes.
- Can use spin with some success.
- Can occasionally force errors when serving.
- Demonstrates 3rd shot strategies.
- Aggressive net play in doubles.
- Full understanding of the rules.
- Can lob and dink with limited success

Open Pickleball

These are times on the schedule that is open for all ages and abilities. Since there is no scheduled staff the equipment is provided but would need to be put up and taken down by the players.

Days: Monday/Wednesday, 11am–1pm

All other open gym time is considered shared space, however basketball has priority usage. Pickleball play needs to stay within posted scheduled times.

