

# 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	OPEN PICKLEBALL 6:30-8:00	PICK UP BASKETBALL 6:00-7:30	OPEN PICKLEBALL 6:30-8:00	PICK UP BASKETBALL 6:00-7:30		
7:00 AM						PICK UP BASKETBALL 7:00-8:30	
8:00 AM							PICKLEBALL 3.0+ 8:00-10:30
9:00 AM							
10:00 AM						PICKLEBALL 101 Coach led program 10:00-11:30	
11:00 AM			OPEN PICKLEBALL 11:00-1:00		OPEN PICKLEBALL 11:00-1:00		
12:00 PM							
1:00 PM						YOUTH BASKETBALL CLINIC (Coach Brandon) 12:00-3:00  <i>Register on website</i>	
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	KID FIT 5:30-6:30 <i>(1/2 court)</i>	PICKLEBALL 3.0+ 5:00-7:00	KID FIT 5:30-6:30 <i>(1/2 court)</i>	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 to 4pm and will be posted ahead of time.  
Outside scheduled programming is considered shared space.



# PINE LAKE GYM SCHEDULE

## Youth Fitness Classes

### Kids 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 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

### Youth Basketball Clinics 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. Register on the website under Youth Activities or contact Camila at [camilab@columbiaathletic.com](mailto:camilab@columbiaathletic.com). Private coaching is also available.

**Dates:** October 14–November 18

**Times:** Group A: 12–1pm (Ages 5–8)

Group B: 1–2pm (Ages 9–11)

Group C: 2–3pm (Ages 12–15)

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

### Pickleball 101 (September – May)

If you are new to Pickleball but want to learn how to play come join us each Saturday starting mid September through to mid May from 10am to 11:30am where Coach Ginger will review the rules and strategies of this popular sport and organize some round robin play. So we know how many will be coming be sure to enroll on the member portal. [www.columbiaathletic.com/memberarea](http://www.columbiaathletic.com/memberarea) or call the front desk. All equipment is provided.

**Days:** Saturdays, 10–11:30am

**Place:** Gym

**Ages:** 12+

**Fees:** Free to members. Guests permitted but will be subject to the standard guest fee and guest policy.

### Open Pickleball

This is a time reserved on our Basketball court for Pickleball play. All equipment provided, all levels and ages are welcome. Members will set up and stow equipment before and after sessions. Rotate in other players as needed.

**Days:** Monday/Wednesday, 11am–1pm

Tuesday/Thursday, 6–8am

### Pickleball 3.0+

For those more familiar with the sport and play at a level 3.0+ can join in on some regular play. All equipment is provided and rotate in players as needed.

**Days:** Tuesday/Thursday, 5–7pm & Sundays, 8–10:30am

All other times are considered shared space.

#### 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.

