

YOUTH BASKETBALL LEAGUE GRADES K-5

Your youngster will have fun while learning sportsmanship as well as basketball rules and skills. Games are played with age-appropriate equipment and lowered hoops.

Teams are coed and will have one practice during the week at local gyms and a game on the weekend. Teams are formed by the practice location and time that best fits your schedule. Practices will not take place if the facility is closed. One-hour games will be on a rotating schedule starting **April 21 (no games April 28 and May 26)** and are played at local gyms.

Adult volunteer coaches are needed for each team and parents/chaperones are asked to attend practices and games.

Parents will receive an email one week before the season starts with league details. Players are encouraged to bring their own basketball, water bottle and dress in athletic attire.

Register by Saturday, April 2

April 16–June 16

Facility Members: \$60; Program Member: \$95 with a \$16 jersey fee if your child doesn't have a YMCA reversible mesh jersey.

Practice options:

GRADE 1

SESSION	DAY	TIME	LOCATION
A1	Mon	5:30–6:30 pm	Lake Heights Center
A2	Tue	5:30–6:30 pm	Lake Heights Center
A3	Wed	5:00–6:00 pm	Bellevue Y (far court)
A4	Fri	4:45–5:45 pm	Bellevue Y (far court)

GRADE 2-3

SESSION	DAY	TIME	LOCATION
B1	Mon	4:45–5:45 pm	Bellevue Y (far court)
B2	Wed	5:30–6:30 pm	Lake Heights Center
B3	Thu	5:30–6:30 pm	Lake Heights Center
B4	Fri	4:30–5:30 pm	Lake Heights Center

GRADE 4-5

SESSION	DAY	TIME	LOCATION
C1	Tue	4:45–5:45 pm	Bellevue Y (far court)
C2	Fri	5:30–6:30 pm	Lake Heights Center

TRAVELING YOUTH VOLLEYBALL LEAGUE GRADES 5-8

Children learn the basic skills and rules of volleyball in a fun environment on a team. This league is a traveling league and will play other YMCA volleyball teams in the greater Seattle association. Parent volunteers/coaches are needed for each team and parents/chaperones are encouraged to be present at their child's practices and games.

Your child will meet for one hour during the week for practice and are encouraged to dress in athletic attire and bring their own volleyball. Teams are formed by the practice location and time that best fits your schedule. Weekend games will be on a rotating schedule through the season at different YMCA branches on **May 12, May 19, June 2, and June 9.**

Register by Saturday, April 2

April 17–June 9

Facility Member: \$60; Program Member: \$95

Practice options:

GRADES 5-6

SESSION	DAY	TIME	LOCATION
D1	Tue	4:55–5:55 pm	Coal Creek Y (gym 1)
D2	Thu	4:00–5:00 pm	Bellevue Y (far court)

GRADES 7-8

SESSION	DAY	TIME	LOCATION
E1	Fri	7:30–8:30 pm	Coal Creek Y (gym 2)
E2	Thu	5:00–6:00 pm	Bellevue Y (far court)

For more information on Youth Sports programs, please contact Vicky Hinds, Regional Youth Sports Director at 425 282 1520, vhinds@seattleyymca.org.



PLAY TOGETHER STAY TOGETHER

YOUTH & FAMILY PROGRAMS & SERVICES BELLEVUE FAMILY YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



FAMILY RECREATION

CHILD WATCH AGES 6 WEEKS – 9 YEARS

Bring your children to Kids Corner & Adventure Zone for healthy fun while you work out. They'll enjoy age-appropriate games and activities in this supervised environment. Pretty soon your child will beg you to come to the Y!

KIDS CORNER AGES 6 WEEKS – 35 MONTHS

Your child is surrounded by the loving care of certified staff at the Y. Experienced caretakers are there for your child's every need.

ADVENTURE ZONE AGES 3 – 9 YEARS

Kids explore, have fun and socialize in the Adventure Zone, featuring a large climbing toy and games to play on colorful tubes, mats and slides. Caring staff lead games and other activities to keep everyone active.

Monday – Friday 9:15 am–12:15 pm & 4:00–8:30 pm
Saturday 8:00 am – 12:30 pm
Sunday 9:00 am – 12:30 pm
Family Facility Members: Free
Youth Facility Members: \$5

FAMILY HEALTH COACHING

Tap into the Y's expertise to create a healthy family lifestyle! Meet with a certified personal trainer individually and as a family for practical guidance in pursuing health and exercise goals. Meet with a dietician to learn how to make meals fun and nutritious. Five 1-hour sessions of personal training are included.

Facility Members: \$240
Program Members: \$480

ADVENTURE GUIDES

Adventure Guides is a program for fathers and children designed to strengthen the relationship between parent and child. Parent-child pairs meet monthly as a circle with families in their neighborhood or school they attend. The circles are a part of a larger Expedition which offers activities each month such as a pine block derby, carnival, rocket day, outings to a Mariners game, Thunderbird Hockey, Nutcracker, etc. There are three campouts offered per year, where dads and children spend a night at a resident camp and participate in various activities like archery, boating, horseback riding, sledding and snowshoeing. For more information contact Linda Toycon at ltoycon@seattleyymca.org.

Facility Members: \$25/person,
Program Members: \$45/person

FAMILY ZUMBA

Find out why everyone loves this energizing, Latin-inspired dance exercise class! Get a great cardio workout and learn fun new moves with the whole family. No dance background needed, and open to all fitness levels and ages.

Saturday 9:00–9:45 am
Tuesday 5:00–6:00 pm

BELLEVUE FAMILY YMCA
 14230 Bel-Red Road, Bellevue, WA 98007
P 425 746 9900 F 425 746 6265 bellevueymca.org

Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

SOCIAL ACTIVITIES

PARENTS NIGHT OUT

Enjoy a night on the town and leave the kids to us! Your kids will never complain about the babysitter again. We keep kids on the move with themed activities all night, including craft projects, swimming, games and dinner for the kids! Ages 1-11
1st Friday of the Month 5:30-9:30 pm
Facility Members: \$15.75/child, Program Members: \$26.25/child

DATE	THEME
April 6	Easter Fun: Bunnies, Eggs and more!
May 4	Jungle Safari
June 1	American Folklore

FAMILIES MAKING A DIFFERENCE

Want to make a difference while spending time together as a family? We've got the details taken care of! You sign up, show up and we'll have you sharing your family love within our community

Facility Members FREE, Program Members FREE

DATE	ACTIVITY
April 29	Strap on your sneakers to help others and get fit at the same time! We're signing up as a group and for the Bellevue Rotary 5K Family Fun Run benefitting Children's Hospital and Kindering Center! All ages. Strollers and dogs okay. 8:15 am 5K Run/Walk starts 9:15 am Kids' Dash starts (10 & under)
June 9	Donate a book for summer learning! Bring a gently used book to be used in summer programs to a special story time and sign your child up for the King County Library Summer Reading Program! All ages 11:00 am-12:00 pm

FATHER/DAUGHTER AND FATHER/SON WEEKENDS AT CAMP ORKILA

Orkila weekend outings are Friday evening through Sunday afternoon. Lodging will be in cabins and meals are provided in the dining hall. Activities include: Boating, Beaching, Crafts (including pottery), Archery, Climbing Wall, the giant swing, a campfire Saturday night and much more! For kids ages 3-5 and in K-3rd grade and their father. For more information or to register contact Linda Toycen ltoycen@seattlemca.org.

DATE	ACTIVITY
April 27-29	Father/Daughter K-3 Bellevue School District
May 4-6	Father/Son K-3 Bellevue School District
May 4-6	Father/Son or Daughter ages 3-5
June 8-10	Father/Son K-3 Lake Washington School District
May 18-20	Father/Daughter K-3 Lake Washington School District

EVENTS & SPECIAL OCCASIONS

NUTRITION-HEALTHY SNACKS FOR THE FAMILY

Join Claire Leiberman, RD, MSW, to learn how to put together quick and easy healthy snacks and meals and learn how to structure physical activities that will engage the whole family. We will end by making a healthy snack together. Recipes for meals and snacks will be provided.
Tuesday, June 21 4:00-5:00 pm
Facility Members: free, Program Members \$10

OXYGEN FOR YOUR RELATIONSHIPS-PRESENTED BY FORMER SEAHAWK PLAYER NORM & BOBBI EVANS

The Oxygen Seminar is designed to help couples strengthen their relationship and work on tough issues in an environment that is fun and non-threatening. Couples will learn how to improve their communication better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. Our seminars are fun, interactive, and practical. Couples walk away with skills that they can use right away. We help to bring new oxygen into relationships by teaching couples three key principals: Action Plan, Support-System and Paying it Forward. Everyone welcome. Call Cheri if you would like more information 425 830 0902 or email cpamer@seattlemca.org. Register by calling 425 679 5671. Financial assistance available.

Must register by Monday, May 30
Saturday, June 2 9:00-4:30 pm
Seminar Fee: \$89
Member Childcare: \$20/family
Community Member Childcare: \$40/family

INTERNATIONAL NIGHT

Redmond EI PTSA presents our Spring Fundraiser: International Night: A night of culture, family, and fun! Join us for culture performances, culture displays, cake walk, face painting, henna painting, and taste testing.
Register by Friday, March 30
Friday, April 20 6:00-9:00 pm
\$8/family in advance \$10/family at the door

HEALTHY KIDS DAY

Grab your passport and join us for a sensational, international, celebration at the Bellevue Family Y complete with performers from across the globe, face painting, multicultural crafts, balloon animals, bouncers and more. You won't want to miss this opportunity to make some cultural connections, so grab your map; it's time to take a trip around the world at the 2012 Bellevue Family Healthy Kids Day Event!
Saturday, April 28th 10:00 am-1:00 pm
FREE and open to the community

BIRTHDAY PARTIES

Come celebrate your child's birthday at the Y and leave the clean-up to us! Reserve your party today! Two parties to choose from: Zany Zone or Big Splash Party.

Zany Zone - Adventure Zone Party
Facility Members \$135, Program Members \$160

Big Splash - Pool Party
Facility Members \$135, Program Members \$160

YOUTH RECREATION

BEGINNING BALLET AGES 4-6

Your shining star will gain body awareness, strength, grace and poise along with basic ballet techniques. Ballet training encourages awareness of movement and line, builds balance and confidence, and tones and strengthens the body. Children should wear leotards, tights/leggings and ballet slippers and hair should be pulled back off the face. Classes take place in the Multi-Purpose Room. For more information contact Vicky Hinds, Regional Youth Sports Director at 425 282 1520, vhinds@seattlemca.org.
Spring session: April 4-June 20
Wednesday 3:00-3:45 pm
Facility Members \$95/session, Program Members \$170/session

FITNESS BLAST AGES 5-12

Fitness Blast is a cardiovascular and strength training class for kids taught by a certified personal trainer. The class includes warm up, cardio games, obstacle courses, tumbling, strength exercises and stretching. This is a drop-in class and doesn't require registration. Meets in the Adventure Zone.
Monday 4:00-5:00 pm

CARDIO BLAST AGES 5-12

Join YMCA Youth Specialists, who have lots of creative ways to get your child moving, and let your kids experience good, old-fashioned, heart-pumping activity. It's the perfect place to make new friends, play recess-style games and learn the YMCA core values - respect, responsibility, honesty, caring, faith and fun. This is a drop-in class and doesn't require registration. Meets in the Adventure Zone.
Monday & Wednesday 5:00-6:00 pm
Saturday 8:30-9:30 am

YOUTH FITNESS TRAINING AGES 10+

Youth participants will learn the fundamentals of exercise and nutrition from certified staff. Every session will include a lecture and workout session designed to learn proper use of free weight, cardio, and strength equipment. Upon completion, participants will receive a bracelet allowing them to use the exercise equipment with the supervision of an adult.
April 3-24, May 1-22, June 5-26
Tuesday 4:00-5:00 pm
Facility Members \$45, Program Members \$90

YOUTH SPORT CONDITIONING WITH TRX AGES 10-16

Certified Personal Trainer, Jana Dunajska will lead participants through a variety of exercises and circuit training drills using TRX, own body weight, agility, balance and resistance equipment. Our program is designed to help young athletes improve performance, agility, speed, strength, balance and prevent injuries. All fitness levels welcome.
April 3-24, May 1-22, June 5-26
Tuesday 5:00-6:00 pm
Facility Members \$50, Program Members \$100

ARTS & HUMANITIES

PRESCHOOL STORY TIME

Discover a whole new world through stories and crafts! Each morning includes stories and an activity, all tied in to a fun theme for everyone.
First & third Tuesdays of the month 10:00-11:00 am

YOUTH SPORTS

ITTY BITTY SPORTS AGES 3-6

Little ones get a taste of sports through games that help develop their hand-eye and foot-eye coordination. They have a blast learning basic skills, playing with each other and using age-appropriate equipment.
Monday & Wednesday
Ages 3 & 4 6:00-6:30 pm
Ages 5 & 6 6:30-7:00 pm
Facility Members \$30/sport, Program Members \$53/sport

DATE	SPORT
April 2-25	T-Ball
May 2-30 (no class on May 28)	Indoor Soccer
June 4-27	Basketball

ROOKIES SPRING T-BALL LEAGUE

Young children learn basic skills by hitting the ball from a tee and experiencing teamwork on the field. Parent volunteer coaches are needed for each team and parents/chaperones are encouraged to participate alongside their child.

Teams are co-ed and grouped by ages. They meet once a week for one hour with practices taking place during the first half hour followed by a game. Practices and games will be on a rotating schedule through the season.

Parents will receive an email before the season starts with league details. This league will take place at the Lake Heights Center and registration deadline is April 16.

May 5-June 23 (no practice/game on May 26)
Ages 3-4 Saturday one hour between 9:00-11:00 am
Ages 5-6 Saturday one hour between 11:00 am-1:00 pm
Facility Members \$40, Program Members \$70

Stay tuned for our summer Rookies T-Ball League.

YOUTH VOLLEYBALL CLASS AGES 8-12

Children learn the basic skills and rules of volleyball in a fun, non-competitive environment.
Spring Session: April 4-June 20
Wednesday 4:00-5:00 pm
Facility Members \$70/session, Program Members \$125/session