

GYMNASIUM

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING														
	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far
5	Boot Camp 6-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55	Open 5-6:55				
7	Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Cardio Blast 8:30-9:25	Open 7-9	Open (Family) 7-11	Open (Adult) 7-11
9	AOA Advanced Cardio (Karen) 9-9:55		Body Shop (Lucy) 9:30-10:25	Open 9-11:25	AOA Advanced Cardio (Karen) 9-9:55		Boot Camp (Dawn) 9:30-10:45	Open 9:30-11:25	AOA Advanced Cardio (Karen) 9-9:55		Open 9:30-11	Youth B-ball (starts Nov 7th-Dec 19th) 9-11		
10	AOA Strength (Karen) 10-10:30		Open 10:30-11:25	AOA Strength (Karen) 10-10:30		Open 10:45-11:25	AOA Strength (Karen) 10-10:30		AOA Strength (Karen) 10-10:30					
	Silver Sneakers Cardio Circuit II (Karen) 10:30-11:15			Silver Sneakers Cardio Circuit II (Karen) 10:30-11:15			Moderate Movement (Tanya) 10:30-11:15							
AFTERNOON														
11	Adult Pick-up Basketball 11:30-1:55		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-2		Adult Pick-up Basketball 11:30-1:25		Open 11-1	Youth B-ball 11-12:55	Open (Family) 11-4	Open (Adult) 11-1:55
1	Open (Family) 2-4	Open (Adult) 2-4	Open (Family) 2-4	Open (Adult) 2-4	Open (Family) 2-4	Open (Adult) 2-4	Open (Family) 2-4	Open (Adult) 2-4	3 Cedars School 1:30-2:45 (starts Nov 6th)		Open (Family) 1-4	Open (Adult) 1-4	I-Ball Clinic 2-4	
3														
EVENING														
4	Open 4-4:55	Open 4-5:55	Open (Family) 4-4:55	Open (Adult) 4-4:55	Open (Family) 4-5:55	Open (Adult) 4-5:55	Open (Family) 4-4:55	Open (Adult) 4-4:55	Open (Family) 4-6:25	Open (Adult) 4-6:25	Open (Family) 4-6	Open (Adult) 4-6	Open (Family) 4-6	I-Ball Clinic 4-5:25
5	Fitness Blast 5-5:55 (Jana)		Preschool Sports 5-6:25 (Brooke)	Cardio Blast 5:30-6:25 (Vlad)			Preschool Sports 5-6:25 (Brooke)	Cardio Blast 5:30-6:25 (Vlad)						
6	Open (Family) 6-8	Open (Adult) 6:30-8	Open (Family) 6:30-8	Open (Adult) 6:30-8	Open (Family) 6-8	Open (Adult) 6:30-8	Open (Family) 6:30-8	Open (Adult) 6:30-8	Family Night 6:30-9		Adult Pick-up Basketball 6-7		Adult Pick-up Basketball 6-7	
8	Adult Pick-up Basketball 8-10		Adult Pick-up Basketball 8-10		Adult Pick-up Basketball 8-10		Adult Pick-up Basketball 8-10		Adult Pick-up Basketball 9-10					

Updated 11/02/09

Although it is always our intention to follow the scheduled format, classes may change without notice when necessary. Classes with low attendance may be removed from the schedule. We appreciate your cooperation. See Group Exercise, Active Older Adult and Pool Schedule for other fitness activities.

GYM RULES

- Please respect transition times by ending your program at the time listed on the schedule.
- Please use sportsmanlike conduct when utilizing the gym.
- Only non-marking athletic shoes are allowed in the gym.
- No hanging on the basketball rims.
- Please use family-friendly language in the gym.
- No eating or drinking (other than water) allowed in the gymnasium.
- Youth 7 and under must be under direct supervision of an adult. Youth 8-10 must be accompanied by a supervising adult who remains in the building, but does not need to be in the gym area.
- Any deviations from the gym schedule need to be approved of by a YMCA staff member.
- The gym is revised seasonally, please contact a YMCA staff member with any programming questions.
- Please remember our YMCA Core Values of Respect, Responsibility, Honesty, Caring, Faith, and Fun.

GYM TERMS

NEAR. The side of the gym closest to the entrance.

FAR. The side of the gym furthest from the entrance.

OPEN GYM. The near side of the gym is reserved for children and families. The far side of the gym is reserved for adults playing basketball. If one side is not in use, members are free to use either side.

All members are welcome to participate in open gym times. Please limit your play to one hoop. If you are playing a basketball game and utilize more than one hoop, please make your game open to any member who wishes to play.

FOR MORE INFORMATION

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