

BELLEVUE FAMILY YMCA • SPRING 2009

YOUTH & FAMILIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
• • • MORNING CLASSES • • •							
8	Kid's Gym 8:45-1:15	Kid's Gym 8:45-1:15	Kid's Gym 8:45-1:15	Kid's Gym 8:45-1:15	Kid's Gym 8:45-1:15	Kid's Gym 8:00-1	Kid's Gym 8:45-1
	Kid's Corner 8:45-1:15	Kid's Corner 8:45-1:15	Kid's Corner 8:45-1:15	Kid's Corner 8:45-1:15	Kid's Corner 8:45-1:15	Kid's Corner 8:00-1	Kid's Corner 8:45-1
9						Cardio Blast (George) 8:30-9:30	
10						Imagination Station \$ Child Care (Meg) 11-12	
					Family Swim Pool 10:30-11:30	Family Swim Pool 1-3:30	Family Swim Pool 1-3:30
• • • AFTERNOON CLASSES • • •							
1	Family Swim Pool 1-2		Family Swim Pool 1-2		Family Swim Pool 1-2		
			Kid's Gym 1-4				
			Kid's Corner 1-4				
			Sport Stacking Gym 1:45-2:45				
3		Family Swim Pool 3-4	Kids Create Snacks Conference Room 3-4	Family Swim Pool 3-4			
• • • EVENING CLASSES • • •							
4	Kid's Gym 4-8	Kid's Gym 4-8	Kid's Gym 4-8	Kid's Gym 4-8	Kid's Gym 4-6:30	<ul style="list-style-type: none"> Registration is required for fee-based programs. Please contact the front desk for the next available session. Kid's Gym & Kid's Corner are free with a Facility Family Membership. Program and youth members can participate for \$3 per visit. 	
	Kid's Corner 4-8	Kid's Corner 4-8	Kid's Corner 4-8	Kid's Corner 4-8	Kid's Corner 4-6:30		
					Strong Kids in Training \$ Cascade Room (Jana) 4-5		
5	Fitness Blast Gym (Jana) 5-6	Pre-School Sports \$ Gym (Vicky) 5-6:30		Pre-School Sports \$ Gym (Vicky) 500-6:30	Family Dinner \$ MP 5:30-6:15 (First Fri. of the month)		
		Cardio Blast Gym (Vlad) 5:30-6:30		Cardio Blast Gym (Vlad) 5:30-6:30	Parents Night Out \$ KG 5:30-9:30 (2nd Fri. of the month)		
6		Karate for Kids \$ MP (Master Shintaku) 6:30-7:30	Family Swim Pool 6:30-8	Karate for Kids MP (Master Shintaku) 6:30-7:30	Family Night 6-8 (First Fri. of the month)		
			Story Time & Craft Child Care (3rd Wed. of the month) (Frank) 6:30-7:30		Movie Night 6-9 (Third Fri. of the month)		
7	Family Swim Pool 7:30-8:30				Family Swim Pool 7-8:30		

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 Pool & Group Exercise schedule for other fitness activities.



YOUTH & FAMILY DESCRIPTIONS

Birthday parties: Looking for a fun and safe place for your child's next birthday party? Try Kids Gym! Kids can play on the indoor play structure and on the mats or splash in the pool during family swim. The multi-purpose room is available for cake and activities.
Ages 1 to 11, \$110 facility members, \$140 program members

Cardio & Fitness Blast: Full of creative ways to get kids moving, Cardio and Fitness Blast is a great place to make friends, play new games, and learn some pretty cool moves. Parents are invited to join!
Ages 5 to 12, \$3 program members

Family Dinner: Let the YMCA make dinner while you spend quality time with your kids and meet new parents in your community! Month of Meals prepares a delicious meal complete with dessert.
First Friday of the month (except July), \$5 per family, facility memberships only

Family Night: The family that plays together stays together! Enjoy healthy, fun activities including Kids Gym and swimming. Parents are responsible for their own children.
First Friday of the month (except July), free for facility members, \$5 per family for program members

Imagination Station: Enthusiastic, talented staff guidance and a bit of beads, paint, clay and paper will stimulate your child's creativity. Registration required one week in advance so we have ample art supplies.
Ages: 6 to 12, 4-week sessions start the first Saturday of the month, 11:00 am—12:00 p.m. \$10 facility members, \$40 program members

Karate: Martial Arts are a physical discipline shaped by East Asian philosophical concepts. Focus is on increasing physical fitness, building self confidence, and respect for self and others. Karate uses a variety of techniques, with the focus on blocks and strikes.
*Ages: 8+, three month sessions start in January, April, July, October
Karate for Kids, 6:30-7:30 p.m.; Karate, 7:30-8:30 p.m.
\$135 facility members, \$270 program members*

Kids Create Snacks: Do you have the munchies? Make and eat snacks in class, build a cookbook, and play games with friends. Carol Golay teaches this class. Registration required one week in advance so we have ample food supplies.
*Ages: 5 to 12, 4-week sessions start the first Wednesday of the month, 3:00-4:00 p.m.
\$10 facility members, \$40 program members*

Kids Gym & Kids Corner: Let your child run around, play in Kids Corner and in the Adventure Zone, color, play dress-up, etc. while you get your workout. It's a win-win situation. Pretty soon your child will beg you to work out. Schedule located at the front desk or on the family flier.
Ages 6 weeks to 12, free for family facility members, \$3 youth facility & program members

Money Strong Families: The Money Strong Families program is a family financial education workshop sponsored by a grant from Washington Mutual Bank for parents and their children (ages 7-11 years old). The goal of this program is to start conversations within the family about the complex topic of money. For more information please go to www.ymcamoneystrongfamilies.org

Preschool Sports: A class that introduces sports to young kids developing hand/eye coordination and basic skill fundamentals.
Tuesdays and Thursdays, 4-week sessions, \$30 facility members, \$60 program members

Parent's Night Out: Enjoy an evening out! The YMCA offers evening activities for your children including dinner.
\$20 for first child, \$7 each additional child. Open to facility members.

Sport Stacking: Sport stacking is an exciting individual and team sport where participants stack and unstack 12 specially designed plastic cups in pre-determined sequences. Individually, stackers race against the clock for fastest or best times. Stackers also compete on a relay team racing against another team in head-to-head competition. With practice, a person can stack at lightning speed that has to be seen to be believed.

Sessions start the First Wednesday 1:45-2:45, \$10 for facility members, \$20 for program members

Family Story Time: Discover a whole new world through stories and books. Every evening includes stories and an activity, all tied in to a fun theme for everyone. All ages welcome.
Third Wednesday of the month, 6:30-7:30 p.m.

Swim Lessons: Dive In! The YMCA has been teaching children and adults how to swim for over 100 years. Whether you are a beginning swimmer or on your way to the Olympics, your YMCA is a great place to make a splash.
Ages 6 mos to adult, \$30-\$90 facility members, \$60-180 program Members

Tumble Time: Kids walking - 3 years and parent(s) have a great time singing, climbing, jumping and playing on our Kids Gym equipment.
*Fridays, 8-week sessions, 10-10:45 a.m.,
\$40 facility members, \$120 program members*

Strong Kids in Training: Join Youth Specialist, Jana Dunajska for Strong Kids in Training. Parents must stay in the facility, but do not need to be in the same workout room. Your child will learn the fundamentals of exercise under the supervision of a certified personal trainer! Upon completion, participants will receive a bracelet allowing them to use the exercise equipment with the supervision of an adult.

*Ages 10-14, Fridays, 4-week sessions, 4-5:00 p.m.,
\$45 facility members, \$90 program members*

CONTACT INFORMATION

Carol Golay
Family Programs Supervisor
425-746-9077 ext. 3220
cgolay@seattleyymca.org

Cheri Pamer
Family & Senior Connector
425-746-9077 ext. 3220
cgolay@seattleyymca.org