

# GYM & SPORTS

NOVEMBER 2009 • DOWNTOWN SEATTLE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Gym 5:00-11:30am	Open Gym 5:00-11:30am	Open Gym 5:00-11:30am	Open Gym 5:00-11:30am	Open Gym 5:00-11:30am	Open Gym 7:00am- 12:00pm		
Adult Pickup Basketball 11:30am- 1:30pm	Noon Basketball League 11:30am- 2:00pm	Adult Pickup Basketball 11:30am- 1:30pm	Adult Pickup Basketball 11:30am- 2:00pm	Adult Pickup Basketball 11:30am- 1:30pm			
Open Gym 1:30-9:00pm	All Levels Open Volleyball 2:00-4:00pm	Open Gym 1:30-6:00pm	Intermediate Open Volleyball 2:00-4:00pm	Open Gym 1:30-6:00pm			
	Open Gym 4:00-9:00pm		Pickup Basketball 6:00-8:00pm				Open Gym 4:00-6:00pm
		Open Gym 8:00-9:00pm		Open Gym 8:00-9:00pm			
							Open Gym 8:00-9:00pm

## BASKETBALL

**Fall Noon Basketball League:** Four teams will play a nine-game season with referees, followed by playoffs and a championship game. Weekly schedules and statistics keep you current with the league results. Register at the Membership Services Desk.

**NEXT LEAGUE BEGINS JANUARY 2010**

**All games are played Tuesdays, 11:45am and 12:45pm.**

**\$60 facility members, \$90 program members.**

## RACQUETBALL & SQUASH

**Racquetball 101:** Want to learn the basics of racquetball, but don't know where to start? Learn the game and receive basic instruction with other beginners.

**Sign-up at the 4<sup>th</sup> floor racquetball bulletin board. Free! Equipment provided. Max of 4 participants**

**Fall Racquetball League:** Offering five divisions (A, A/B, B, B/C, C) based on skill level, the YMCA Racquetball League provides a fun and challenging experience for everyone. Schedules, results, and rankings are provided by administrator. Exact match times scheduled by players. Participants must have an email address to participate.

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## VOLLEYBALL

**Drop-in Volleyball:** Bump, Set, Spike! Whether you're just learning the game, or have years of experience, there's a place to play at the YMCA.

**All levels, Tuesdays 2:00-4:00pm.**

**Intermediate, Thursdays 1:30-4:00pm.**

## CONTACT INFORMATION

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*The Downtown Seattle YMCA provides financial assistance to the extent possible to those in need.*

*All programs are open to Facility Members. Program Memberships are also available for enabling participants to sign-up for fee-based YMCA programs.*

