



PLAY, LEARN & GROW

WEST SEATTLE: DROP-IN CHILD CARE WHILE YOU EXERCISE

While you're increasing your heart rate, your kids can play, release some energy and make new friends in a supervised, caring environment - all free with your Y family membership. Your kids will have fun with age-appropriate toys, games and activities. Children may be checked in for up to two hours and parent/guardian must remain at the Y.

KIDS ZONE: INFANT KIDS CORNER

Ages 4 weeks to walking

Monday to Friday	8:30am - 1:00pm
Monday to Thursday	3:00pm - 8:00pm
Friday	3:00pm - 6:00pm
Saturday	8:30am - 12:30pm

KIDS ZONE: TODDLER KIDS CORNER

Ages walking to 2 years (under 3 years)

Monday to Friday	8:30am - 1:00pm
Monday to Thursday	3:00pm - 8:00pm
Friday	3:00pm - 6:00pm
Saturday	8:30am - 12:30pm

KIDS ZONE: ADVENTURE ZONE

Ages 3 to 5 years

Monday to Friday	8:30am - 1:00pm
Monday to Thursday	3:00pm - 8:00pm
Friday	3:00pm - 6:00pm
Saturday	8:30am - 12:30pm

Children who are over 5 years old may be checked-in to Adventure Zone during weekday mornings.

KIDS GYM

Ages 4 to 10 years

Monday to Thursday	3:00pm - 8:00pm
Friday	3:00pm - 6:00pm
Saturday	8:30am - 12:30pm
Monday to Thursday, from 7:00 - 8:00pm, children should be checked-in to Adventure Zone.	

Parents of children who are 4 or 5 years old may choose to use Adventure Zone or Kids Gym. Parents of children who are 9 or 10 years old may choose to use Kids Gym or Tween Zone.

KIDS ZONE: TWEEN ZONE

Ages 9 to 13 years

Monday to Thursday	3:00pm - 8:00pm
Friday	3:00pm - 6:00pm
Saturday	8:30am - 12:30pm

Tweens who are 9 or 10 years old must be signed-in to Tween Zone by a parent/guardian and the parent/guardian must remain at the Y. Tweens who are 11 to 13 years old may check themselves into Tween Zone and do not need a parent/guardian at the Y.

FAUNTLEROY: DROP-IN CHILD CARE WHILE YOU EXERCISE

KIDS CORNER

Ages 4 weeks to 12 years

Monday to Friday	9:00am - 11:30am
Monday & Tuesday	5:30pm - 7:30pm

LOCATION

Upstairs near small chapel