



# YOUTH RECREATION Y PLAY SCHEDULE

MARCH - MAY

		MORNING - AFTERNOON		EVENING		
MONDAY	FAMILY PROGRAMS	Kid Zone 9-12:30		Kid Zone 4-9		Cardio Blast <i>Check-In at Kid Zone</i> 7-8
	AQUATICS			Family Swim 2:05-4:55	\$Swim Lessons 5-7:25	Family Swim 7:20-8:30
	YOUTH RECREATION			\$Youth Karate 5:15-6:15	\$Youth Ballet (7-9 yrs. old) 5:45-6:25	
TUESDAY	FAMILY PROGRAMS	Kid Zone 9-12:30		Kid Zone 4-9		Mile Club <i>Check-In at Kid Zone</i> 7-8
	AQUATICS			Family Swim 2:05-4:55	\$Swim Lessons 5-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION			Stlty Bitty Football (4-6years old) 5-7	\$Beginning Gymnastics (3-6years old) 5-6:25	
WEDNESDAY	FAMILY PROGRAMS	Kid Zone 9-12:30		Kid Zone 4-9		Cardio Blast <i>Check-In at Kid Zone</i> 7-8
	AQUATICS			Family Swim 1:35-4:55	\$Swim Lessons 5-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION			\$Youth Ballet (4-6 yrs. old) 5-6:25	\$Youth Volleyball League (4/5th Grade, 6/7th Grade) 6-8	
THURSDAY	FAMILY PROGRAMS	Kid Zone 9-12:30		Kid Zone 4-9		Mile Club <i>Check-In at Kid Zone</i> 7-8
	AQUATICS			Family Swim 2:05-4:55	\$Swim Lessons 5-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION					
FRIDAY	FAMILY PROGRAMS	Kid Zone 9-12:30		Kid Zone 4-9		
	AQUATICS			Family Swim 2:05-8:30		
	YOUTH RECREATION			Individual Volleyball Training 5-7	Family Gym Time 7-9:45	
SATURDAY	FAMILY PROGRAMS	Kid Zone 8:30-1:30	Kids Yoga 11-12:30			
	AQUATICS	\$Swim Lessons 10-1:20		Family Swim 1:30-5:30		
	YOUTH RECREATION	\$Youth Ballet (3-6 yrs. old) 9-10:25	Stlty Bitty Soccer (3-6years old) 9-10:45	Family Zumba 9:45-10:45	\$Beginning Gymnastics (3-6years old) 11-12:25	Individual Volleyball Training 1-4p
SUNDAY	FAMILY PROGRAMS	Kid Zone 10-1:30				
	AQUATICS	\$Swim Lessons 10-1:20		Family Swim 1:30-5:30		
	YOUTH RECREATION	Individual Volleyball Training 9-2				

## YOUTH RECREATION DESCRIPTIONS

**KID ZONE – 3–9 YRS.** Let your child run around while you get your workout. It's a win-win situation. Pretty soon your child will beg you to work out. Free for Family Facility Members.  
\$5 Youth Facility & Community Members

**BEGINNING BALLET – 3–6 YRS.** 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.  
\$60 Facility Members, \$100 Community Members  
Sessions Vary

**BEGINNING GYMNASTICS – 3–6 YRS.** Get your little one off to an early start with YMCA tumbling and gymnastics. Classes are taught to focus on motor development and self-confidence, with work on the bars, beam, floor and vault over a 6 week class schedule.  
\$30 Facility Members, \$60 Community Members  
Sessions Vary

**\* FAMILY BADMINTON.** All ages welcome. Enjoy some time with your family, get moving and enjoy some time to learn the game. Courts are reserved for families first.

**\* FAMILY PICKLEBALL.** All ages welcome. Play for fun, play for score or just practice! Courts reserved for families first.

**FAMILY SWIM.** The whole family is welcome during our family swim hours! Family swim offers time and space for young swimmers to practice their skills, or just play and have fun. Parents are required to be in the water with children under the age of 8. Children ages 8-14 who cannot pass the swim test are also required to be accompanied by a parent in the water.

**FAMILY ZUMBA.** This body-positive ethnic dance welcomes all levels of exercisers and is fun for the whole family. Primary focus is on hip movements, but also includes arm and hand technique, shimmies, traveling steps and danceable combinations.

**ITTY BITTY SPORTS – 3–6 YRS.** Introduces children ages 3 to 6 to sports in a positive and non-competitive environment. Sessions are fun and structured with a focus on learning basic skills, teamwork, and sportsmanship while developing healthy habits and self-esteem in young children. 6-week, parent participatory program with classes available on Saturdays and Tuesdays.  
\$30 Facility Members, \$60 Community Members

**KARATE – 8–13 YRS.** Renowned for its ability to teach not only self defense but also to improve self confidence, Karate helps enhances personal focus and discipline as well as get people into great shape. Classes will include basic blocking, punching, kicking, self defense techniques and the form Heian Shodan. Sessions are 4 months long.  
\$160 Facility Members, \$280 Community Members

**MILE CLUB – 5–12 YRS.** Designed to get kids moving through running or walking. They will improve their endurance, speed and overall health as well as set goals. Every 19 laps, participants will get a token for their bracelet. Check in at Kid Zone or Tween Room.  
\$Free Facility Members, \$5 Community Members

**SWIM LESSONS – 6 MOS—14 YRS.** 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. Sessions include 8 classes.  
\$80 Facility Members, \$136 Community Members

**YOUTH SPORTS LEAGUES – K–5 GRADE.** Develop skills and teamwork on co-ed teams. Teams are volunteer coached and values-based. Teams are formed by the practice location and time that best fits your schedule. Each team will have a weekly practice and a one-hour games will be on a rotating schedule on the weekends. Volunteer coaches are needed for each team and parents/chaperones are asked to attend practices and games. Sign-ups must be done before the designated deadline.  
\$95 Facility Members, \$130 Community Members

*\*: Minimum group of 6 people must be present to request for net to be set up.*

## CONTACT INFORMATION

**DANIEL ASTUDILLO, YOUTH RECREATION SUPERVISOR**  
425-990-6974 | [dastudillo@seattlemca.org](mailto:dastudillo@seattlemca.org)

**KASEY BARGA, AQUATICS DIRECTOR**  
425-990-6975 | [kbarga@seattlemca.org](mailto:kbarga@seattlemca.org)

**SARA GERARD, MEMBER & FAMILY ENGAGEMENT DIRECTOR**  
425-990-6976 | [sgerard@seattlemca.org](mailto:sgerard@seattlemca.org)

## DISCLAIMER

*Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Cycling, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.*