



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## WEST SEATTLE YMCA

As of September 5, 2017

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST						
5:30	Open 5:30 - 3:00		Adult Bball 5:30 - 7:30		Open 5:30 - 3:00		Adult Bball 5:30 - 7:30		Open 5:30 - 7:45		Facility Opens at 7:00am		Facility Opens at 10:00am  Open 10:00 - 10:45  Open 10:00 - 5:30  Bday Parties 10:45 - 6:00  * Except 2nd & 3rd Saturdays. See reverse							
6:00																				
6:30																				
7:00			Open 7:30 - 3:00				Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45				Class 7:45 - 9:00		Adult Bball 7:00 - 8:30		Adult Bball 7:00 - 9:00	
7:30																				
8:00																	Class 7:45 - 9:00			
8:30			Open 7:30 - 3:00				Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45				Open 9:00 - 3:00		Kids Gym 8:30 - 12:30		Kids Gym 9:00 - 12:00	
9:00																				
9:30																	Open 9:00 - 3:00			
10:00			Open 7:30 - 3:00				Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45				Open 9:00 - 6:00		Kids Gym 8:30 - 12:30		Kids Gym 9:00 - 12:00	
10:30																				
11:00	Open 9:00 - 3:00																			
11:30	Open 7:30 - 3:00		Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45		Open 9:00 - 6:00		Kids Gym 8:30 - 12:30		Kids Gym 9:00 - 12:00							
12:00																				
12:30											Open 9:00 - 6:00									
1:00	Open 7:30 - 3:00		Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45		Open 9:00 - 6:00		Kids Gym 8:30 - 12:30		Kids Gym 9:00 - 12:00							
1:30																				
2:00											Open 9:00 - 6:00									
2:30	Open 7:30 - 3:00		Open 7:30 - 5:45		Open 7:30 - 3:00		Open 7:30 - 5:45		Open 9:00 - 6:00		Kids Gym 8:30 - 12:30		Kids Gym 9:00 - 12:00							
3:00											Open 9:00 - 6:00									
3:30											Open 9:00 - 6:00									
4:00	Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 6:00		Kids Gym 3:30 - 6:00							
4:30																				
5:00											Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 6:00	
5:30	Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00							
6:00																				
6:30											Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00	
7:00	Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00							
7:30											Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00	
8:00											Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00	
8:30	Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00							
9:00																				
10:00											Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Open 3:00 - 9:45		Kids Gym 3:30 - 7:00	

## **GYMNASIUM RULES**

- **Schedule may change without notice due to special events, training, maintenance or class needs.**
- Members under 8 years of age must be directly supervised by a guardian. Members between the ages of 8 to 10 do not need direct supervision in the gymnasium, but must have a guardian age 18 or older present in the building.
- Basketballs, volleyballs and other equipment may be checked out from Service Center. Members must provide their membership card, identification card or locker key in exchange for equipment.
- Gymnasium closes 15 minutes before the rest of the facility closes.
- When gymnasium is unoccupied by designated use, the gym reverts to open use.

## **DESCRIPTIONS**

### **OPEN GYM**

This is unstructured and unsupervised time in the gym. All members are welcome to use the gymnasium on a first-come-first served basis. When gymnasium is unoccupied by designated use, the gym reverts to open use.

#### **\* Open Gym Exceptions:**

- On the second Saturday of each month, the east gymnasium closes at 4:30pm for Parents Night Out.
- On the third Saturday of each month, the east gymnasium is reserved for our Parents Afternoon Out program from 1:00 to 6:00pm.

### **ADULT BASKETBALL**

This is structured time in the gym that allows priority for basketball for adults ages 18 and older. Members ages 14 to 17 may participate as deemed appropriate by Y staff. All players must follow posted rules. No slam dunking, hanging on the rim or hanging on the net. Use basketball game sign up sheet when needed.

### **BIRTHDAY PARTIES**

During this time, the gymnasium is reserved for birthday parties. If you like to learn more about hosting your child's birthday party at the Y, as the front desk!

### **CLASS**

During this time, a group exercise class will be held in the gym. See our group exercise schedule for details on classes.

### **FAMILY EVENTS**

On Friday evenings, the west side of the gymnasium is reserved for family events from 5:30 to 8:30pm. To learn more about these events, please see the Family Programs brochure. When gymnasium is not occupied by a Family Event, it will revert to open use.

### **KIDS GYM**

Ages 4 to 9 years. 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.