



YOUTH RECREATION Y PLAY SCHEDULE

DECEMBER

		MORNING - AFTERNOON		EVENING		
MONDAY	FAMILY PROGRAMS	Kid Zone 9:00-12:30		Kid Zone 4:00-9:00		Cardio Club <i>Check In Kid Zone</i> 7:00-8:00
	AQUATICS			Family Swim 2:05-4:55	§ Swim Lessons 5:00-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION			§ Youth Karate (8-13 years old) 5:15-6:15	§ Youth Ballet** (3-6 years old) 5:00-6:25	
TUESDAY	FAMILY PROGRAMS	Kid Zone 9:00-12:30		Kid Zone 4:00-9:00		Mile Club <i>Check In Kid Zone</i> 7:00-8:00
	AQUATICS			Family Swim 2:05-4:55	§ Swim Lessons 5:00-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION					
WEDNESDAY	FAMILY PROGRAMS	Kid Zone 9:00-12:30		Kid Zone 4:00-9:00		Cardio Club <i>Check In Kid Zone</i> 7:00-8:00
	AQUATICS			Family Swim 1:35-4:55	§ Swim Lessons 5:00-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION				§ Youth Volleyball Clinic (5-7th Grade) 6:00-7:00	
THURSDAY	FAMILY PROGRAMS	Kid Zone 9:00-12:30		Kid Zone 4:00-9:00		Mile Club <i>Check In Kid Zone</i> 7:00-8:00
	AQUATICS			Family Swim 2:05-4:55	§ Swim Lessons 5:00-7:15	Family Swim 7:20-8:30
	YOUTH RECREATION				Kids Bollywood (5-12 years old) 5:30-6:15	
FRIDAY	FAMILY PROGRAMS	Kid Zone 9:00-12:30		Kid Zone 4:00-9:00		
	AQUATICS			Family Swim 2:05-8:30		
	YOUTH RECREATION				Family Gym Time 7:00-9:45	
SATURDAY	FAMILY PROGRAMS	Kid Zone 8:30-1:30				
	AQUATICS	§ Swim Lessons 10:00-1:20		Family Swim 1:30-5:30		
	YOUTH RECREATION	§ Youth Ballet** (3-6 years old) 9:00-10:25				
SUNDAY	FAMILY PROGRAMS	Kid Zone 10:00-1:30				
	AQUATICS	§ Swim Lessons 10:00-1:20		Family Swim 1:30-5:30		
	YOUTH RECREATION					

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice.

§: Fees apply. Register at front desk.

**: First 40 minutes class is for 3-4 years old. The following 40 minutes class is for 5-6 years old.

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007

P 425 746 9900 F 425 746 6265 seattleyymca.org

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living, and social responsibility. Financial assistance is available.

YOUTH RECREATION DESCRIPTIONS

KID ZONE – 4 WEEKS–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 Facility Members, \$5 Community Members.

MILE CLUB – 5–11 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 Community Room. Free for Facility Members, \$5 Community Members.

CARDIO CLUB – 5–11 YRS. Have fun with different sports and activities in Cardio Club! Check in at Kid Zone or Community Room. Free for Facility Members, \$5 Community Members.

KIDS BOLLYWOOD FITNESS – 5–12 YRS. Get your kids dancing like a Bollywood star, while enhancing their motor-skills and coordination. Students will learn choreographies using classic Bollywood tunes. Free for Facility Members.

YOUTH BALLET – 3–4 YRS OR 5–6 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. Fees apply. Register at front desk. 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 4 week class schedule. Fees apply. Register at front desk. Sessions Vary.

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. 4-week, parent participatory program with classes available on Saturdays and Tuesdays. Fees apply. Register at front desk.

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. Fees apply. Register at front desk.

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. Free for Facility Members.

SWIM LESSONS – 6 MOS–13 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. Fees apply. Register at front desk.

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.

CONTACT INFORMATION

CHRISSY MAHAN, HEALTH & WELL-BEING DIRECTOR
425-746-9900 | cmahan@seattlemca.org

KASEY BARGA, AQUATICS DIRECTOR
425-990-6975 | kbarga@seattlemca.org

SARA GERARD, MEMBER & FAMILY ENGAGEMENT DIRECTOR
425-990-6976 | sgerard@seattlemca.org