



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Program Guide 2018

SNOQUALMIE VALLEY YMCA

**YOU MAKE A
DIFFERENCE**

35018 SE Ridge St
Snoqualmie, WA 98065

WELCOME



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WE'RE MORE THAN A PLACE. WE'RE A CAUSE.



You and your family's health and well-being are a priority at the Snoqualmie Valley YMCA. We have the programs, activities and experts to help guide you toward a healthier, happier lifestyle. With the Y, you're not just a member of a gym; you're part of our community. Our Y family is committed to nurturing the potential of kids, supporting and giving back to our neighbors and bringing about meaningful change in others.

EVERYONE IS WELCOME

The Y is a membership organization open to all people. We welcome all ages, races, ethnicities, religions, abilities, sexual orientations, genders, and financial circumstances. Our programs and branches embrace diversity, reflecting the people and needs of our communities.

HOURS OF OPERATION

Monday–Friday	5:00am–10:00pm
Saturday	7:00am–6:00pm
Sunday	8:00am–6:00pm

FACILITY CLOSURES

Christmas Day	December 25
New Years Day	January 1
Martin Luther King Jr. Day	January 15
Labor Day	September 3

LIMITED HOURS

Thanksgiving	November 24
Christmas Eve	December 24
New Year's Eve	December 31
Independence Day	July 4

Snoqualmie Valley YMCA

35018 SE Ridge Street
Snoqualmie, WA 98065
P 425 256 3115

Learn more about membership and the programs we offer:

 facebook.com/SnoqualmieValleyYMCA

SeattleYMCA.org

JOIN US IN SOMETHING BIG

Membership in the Y is a special thing. Be part of a leading nonprofit organization for youth development, healthy living and social responsibility. When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

BENEFITS AND AMENITIES

Enjoy all 26 Y facility locations throughout the State of Washington including the 13 additional YMCAs of Greater Seattle serving King and south Snohomish counties.

- Programs for the whole family
- Group exercise classes for all fitness levels
- Drop-in childcare for family memberships
- Discounted rates on programs
- 12 guest passes per year
- Free Personalized Wellness Plan

MEMBERSHIP RATES

AFFORDABLE FOR ALL

The Y values the richness that diversity brings to our community and shared commitment to nurturing the potential of kids, improving health and well-being, and giving back. To ensure equitable access for all the Y offers affordable options at all of our 13 branches. Visit Membership to register.

VOLUNTEER, DONATE, ADVOCATE

As a nonprofit, the Y is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

Well-being for many of our neighbors is all too frequently limited by income or social isolation. In low-income communities, the Y offers opportunities for every child, teen or adult to achieve their potential regardless of economic status. With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y's impact.



TYPE	DETAILS	Snoqualmie Resident	Local Resident	Greater Seattle YMCA
Youth	Ages 0–13	\$31 \$10 Join Fee	\$36 \$15 Join Fee	\$43 \$25 Join Fee
Teen/Young Adult	Ages 14–29	\$39 \$25 Join Fee	\$45 \$30 Join Fee	\$54 \$50 Join Fee
Adult	Ages 30–64	\$55 \$50 Join Fee	\$64 \$60 Join Fee	\$75 \$100 Join Fee
Adult Couple	2 Adults in same household	\$91 \$65 Join Fee	\$105 \$75 Join Fee	\$124 \$125 Join Fee
Senior	Ages 65+	\$50 \$40 Join Fee	\$58 \$45 Join Fee	\$68 \$75 Join Fee
Family One Adult	1 Adult with dependents	\$84 \$50 Join Fee	\$97 \$60 Join Fee	\$112 \$100 Join Fee
Family Two Adults	2 Adults with dependents	\$97 \$65 Join Fee	\$112 \$75 Join Fee	\$133 \$125 Join Fee

YOUTH DEVELOPMENT

At the Y, we believe every child has potential and we're here to nurture that potential. Through youth sports, academic support and leadership development, the Y helps bring out the best in kids — and they keep surprising us with what they can do.



SCHOOL-AGE PROGRAMS

BEFORE AND AFTER SCHOOL

Grades K-5

When school's out, you can trust the Y to provide an engaging experience for your child at their school. Y school-age programs give your child the opportunity to get to know some of their classmates better after school as they engage in active play and collaborate on fun projects. In the process, they'll continue to develop the physical, educational, emotional and social skills that are essential to success.

For more information, visit us at Member Services or online at ykids.org.

We serve the following schools:

- Cascade View Elementary
- North Bend Elementary
- Opstad Elementary
- Snoqualmie Elementary
- Timber Ridge Elementary

Programs run during the school year.



YOUTH DROP-IN PROGRAM TIMES

KIDS ZONE

Ages 6 weeks-12 years old

Drop-in care is a great place for kids to 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 120 minutes per day and parent/guardian must remain at the Y.

Monday-Thursday	8:30am-12:30pm 3:45pm-8:00pm
Friday	8:30am-12:30pm 5:15pm-8:00pm
Saturday	8:00am-12:30pm

TEEN LAB

Ages 11-14 years old

Teen Lab is a relaxing place to finish homework, check email, read a book, surf the web, or just hang with friends.

Monday-Thursday	3:00-6:00pm
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TEEN CLUBHOUSE

Ages 11-14 years old

Teen Clubhouse is a fun and safe place to kick off the weekend. Enjoy games, movies, music, or just hang out with friends.

Friday	1:00-5:00pm
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FAMILY PROGRAMS

ADVENTURE GUIDES

Parent/Child ages Kindergarten–3rd Grade

Dads, share the spirit of adventure with your child! Together, fathers and children enjoy the great outdoors, attend local sporting events/activities and participate in pine block derbies and more. All of this, with the idea of fostering the relationship between father and child through meaningful and memorable activities. Groups are age, gender and school/neighborhood based. Program runs throughout the school year.

For more info or to join, please contact Stacy Holdren at sholdren@seattlemca.org.

LUNCH & JUMP

Please join us for our Family Lunch & Jump. We will have both of our bounce houses set up in the gym. Our castle is a perfect way for children and adults to use up their mid-morning energy. For our more competitive guests we will have the giant obstacle course up and ready to go. Bring your favorite picnic blanket, healthy snacks and / or lunch. Enjoy time visiting with friends while your kids burn off their energy.

Third Thursday of each month, excluding December, 11:30am–1:00pm

COST: Free and open to the community



FAMILY FUN NIGHT

Bring the family and enjoy jumping in our castle bounce house or sliding down the giant blow up slide. Parents are welcome to participate in all the activities with their children. We also have dodge balls, soccer balls, basketballs and jump ropes. This is a time for you and your family to come and have fun spending time together.

First Friday of each month: 6:00–8:00pm

COST: Free and open to the community

PARENTS NIGHT OUT

Ages 6 weeks–12 years old

Your child will participate in themed games and crafts, jump in the bounce house, enjoy pizza with friends, and more. All under the supervision of our engaging staff, while you get a night out.

January 12, February 9, March 9, 6:00–9:00pm

January 27, February 24, March 31, 6:00–10:00pm

COST: \$20–35 depending on event

TEEN PROGRAMS

TEEN LEADERSHIP BOARD

Grades 9–12

The Teen Leadership Board's (TLB) main focus is serving the community and learning leadership skills through planning and implementing YMCA events and programs. The TLB also volunteers with other organizations to help address community, environmental, and global needs. TLB members are specifically taught leadership skills that they're able to immediately implement in the community and non-profit setting. These skills not only give them a strong foundation for college and the workplace, but also prepare them to be strong, contributing citizens in their community.

Third Wednesday of each month, 6:00–7:00pm

YOUTH AND GOVERNMENT

Grades 8–12

Put your values into action. Youth and Government provides students with the opportunity to become familiar with the legislative process, the art of debate, and public speaking. Alongside your peers you will have the opportunity to study current issues, draft legislative bills and debate topics that are important to you. Participants also learn about state government through an experiential process where young people become senators, representatives, lobbyists and reporters.

1st and 2nd Wednesday of each month, 6:00–7:00pm

For more information about teen programs, contact Dalton Baungard at 425 256 3161.

YOUTH ACTIVITIES

ROOKIE SPORTS

WINTER BASKETBALL LEAGUE

Ages 3–6 years old

Hit the hardwoods with the folks who invented the game – the YMCA. In this co-ed league, your child will learn the fundamentals of basketball, sportsmanship, teamwork and healthy habits while practicing skills and having fun. We promise no getting cut and no bench warmers!

YMCA youth sports encourage and promote healthy kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team-building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Parents are encouraged to be more than mere spectators, by contributing their time as volunteer coaches – as well as being their kid’s greatest fan.

Games are played with age-appropriate equipment. All participants receive a t-shirt and award.

Saturdays, January 6–February 17

Ages 3-4: 10:30am–11:30am

Ages 5-6: 11:30am–12:30pm

COST: \$65 FM / \$80 CM



BIRTHDAY PARTIES

CELEBRATE YOUR DAY AT THE YMCA

What better way to celebrate your child’s birthday than at the Snoqualmie Valley YMCA! With a variety of party options there is bound to be something fun for everyone. All parties are 90 minutes in length and can accommodate up to 20 friends. You will receive 45 minutes in our main gym followed by 45 minutes in our party room.

CHOOSE from Gym Game Party or Bounce House Party

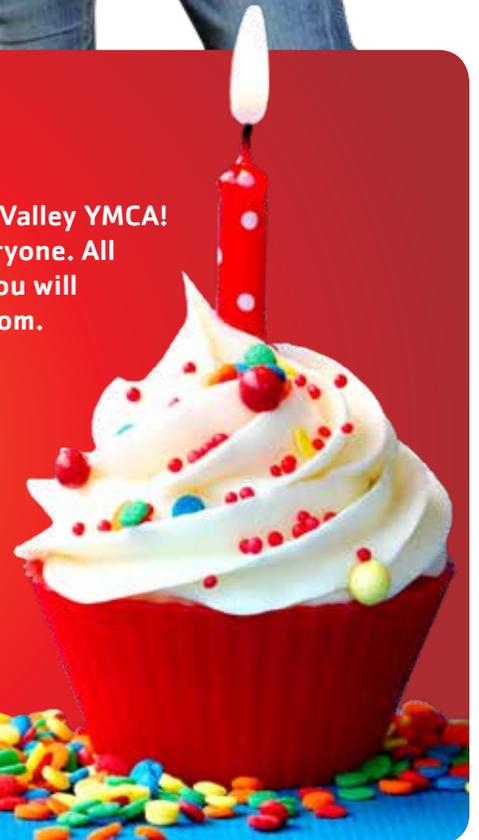
Our party liaisons provide both parents and party goers with carefree support and leadership while you and your guests enjoy a fun filled party with memories to last a lifetime!

For more information on scheduling your party, contact Angie Gould at 425 256 3115, agould@seattleyymca.org

COST: Gym Game Party: \$150 FM / \$260 CM

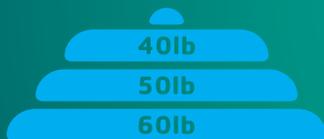
Bounce House Party (with 1 House): \$190 FM / \$300 CM

Bounce House Party (with 2 Houses): \$215 FM / \$325 CM



HEALTH & FITNESS

PERSONAL FITNESS



# OF SESSIONS	SINGLE PARTICIPANT	PARTNER SESSION
1 Session	\$53	\$80
3 Sessions	\$150	\$228
6 Sessions	\$288	\$432
10 Sessions	\$480	\$680

PERSONAL TRAINING

Get a little extra help from a certified Y trainer who will set up, monitor and modify your exercise program to meet your individual needs. Sessions are one hour in length. Don't want to do it alone? Train with a partner and you will receive additional accountability.

TRX SMALL GROUP TRAINING

Ages 14 and up

Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

Monday: 10:15–11:00am

Tuesday: 12:30–1:15pm, 4:45–5:30pm

Wednesday: 4:45–5:30pm

Thursday: 5:30–6:15am, 4:45–5:30pm

Friday: 9:10–9:55am

COST: \$8/session

KETTLEBELLS

Small Group Training with Krystal

Learn the foundations of safe and effective kettlebell training. Our trainer will teach you how to improve your overall strength and performance using kettlebell swings, squats and deadlifts. Contact Amy Scofield with questions 425 200 0574, ascofield@seattleyymca.org

Four Week Sessions: Thursdays, January 4–25, February 1–22, and March 1–22, 5:30–6:15pm

COST: \$65 FM, \$80 CM

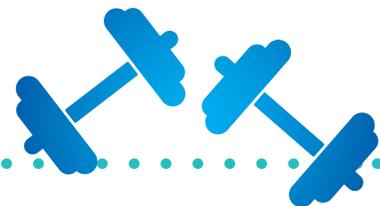


REGISTERED DIETITIAN, KAREN WIRKKALA, RD

Karen provides nutritional coaching on your terms. We offer flexible nutrition coaching hours to fit your busy schedule and support you in meeting your health goals. You will receive personalized, reputable, supportive information and nutrition coaching from a registered dietitian.



HEALTH & FITNESS



GROUP FITNESS

SMALL GROUP TRAINING

Ages vary based on class

Affordable and fun, small group training is done in groups of up to five people to minimize cost and maximize personal attention. Working out with others along with your personal trainer creates a fun and comfortable atmosphere where you can train hard and motivate each other.

GROUP EXERCISE

Ages 14 and up (8–13 with an adult)

As a member you have over 150 classes to choose from each week—from low-impact activities like stretching, strength training and chair classes to high intensity workouts like indoor cycling, interval training and boot camp. Want to mix things up a bit? Dance to a Latin beat with Zumba® or join a yoga class. Free to members. For more information, see our Group Fitness Schedule.

WEIGHT LOSS PROGRAMS

LOSE TO WIN

Ages 18 and up

This is a program created by a registered dietician to help members make behavior changes that promote healthy living and weight loss.

Ongoing throughout the year.

COST: Free with YMCA membership

HEALTHY LIFESTYLES

PERSONAL WELLNESS PLAN

All ages

Regardless of your age, interests or abilities, the Y wants to help you create a plan to live a more healthy and active lifestyle. A wellness coach will help you identify your fitness goals by discussing your interests, strengths and any limitations you may have while learning about the various programs our Y offers. This is a great opportunity to get you connected with the right person or program to meet your personalized needs.

COST: Free with YMCA membership

ACTIVE OLDER ADULTS

ZUMBA GOLD®

This workout is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

ENHANCE FITNESS®

Age 55+ years

A full hour of fun. EnhanceFitness® focuses on dynamic, cardiovascular exercise, strength training, balance and flexibility—everything that active older adults need to maintain health and function as they age. All exercises can be done in either seated or standing positions. Classes are held on Mondays, Wednesdays and Fridays.

COST: Free with YMCA membership

AOA EXCURSIONS & EVENTS

Age 55+ years

Spend time with an energetic and engaged active older adult community at the Y. Enjoy walking tours, hiking and snowshoeing in the great outdoors. Learn new things on field trips to museums and local points of interest. Experience lively speakers, and take part in special events just for you. Check in for each month's offerings to connect you to lifelong learning with laughs along the way.

COST: Varies

SOCIAL RESPONSIBILITY

Giving back and supporting our neighbors is part of what makes the Y the Y.

We're a community and we lend a hand where we can.



VOLUNTEER TODAY

- You can positively impact lives in your own community with the Y. More than 2,307 volunteers throughout the region share their time and talents in a variety of ways including coaching, tutoring, event support, fundraising and much more. Last year, our volunteers contributed 8,462 hours of service to the community.
- We value your time and enthusiasm, and look forward to creating a fun, fulfilling volunteer experience for you.

YMCA Volunteers Enjoy:

- A wide variety of locations and programs to fit personal interests.
- Options for one-time, seasonal and ongoing volunteerism.
- Making new friends, networking and gaining experience.

TOGETHERHOOD®

Togetherhood® is YMCA's signature program for social responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the communities where they live. Have an idea for a project that could help benefit our community? Let us know by contacting Deborah Montelaro at dmontelaro@seattleyymca.org.

FOUR STEPS TO GET STARTED

1. Check out volunteer opportunities at www.seattleyymca.org/give/volunteer
2. Contact us for a volunteer application
3. Fill out the application and attach two references
4. Make an appointment with our Volunteer Coordinator to discuss the right position for you!

COMMUNITY GARDEN PROJECT

Join us this summer to plant, weed and water our community garden! Last summer we grew 280 pounds of vegetables that we donated to the Snoqualmie Valley Food Bank. Our garden is located in Old Snoqualmie. Volunteering for this project runs May through September.



GIVING TREE PROGRAM

"The Giving Tree" is a community service project sponsored by the Kiwanis Club of Snoqualmie Valley. We collect wish lists from families who otherwise may not have much hope of receiving gifts for the holidays. A tree will be located in the Snoqualmie Valley YMCA lobby and will display ornament tags to provide a child with gifts this holiday season.

November 24–
December 17

The YMCA of Greater Seattle is committed to ensuring equity and justice and actively promotes a culture free from bias and injustice. We strive to achieve equal access, identify and resolve inequities and remove institutional barriers that limit the ability of all people to develop their full potential. Program areas include:

- **Housing & Transition Planning**
- **Education & Employment**
- **Family Support & Foster Care**
- **Alumni Of Foster Care Services**
- **Counseling & Therapeutic Support**
- **Leadership Development**
- **Violence Prevention**

POLICY & PROCEDURES



YMCA CODE OF CONDUCT

The Y is committed to providing a positive atmosphere that is safe and inclusive to all in our community. In order to ensure this, the YMCA of Greater Seattle has adopted a code of conduct to govern the actions and behavior of all people while in our facilities and while participating in Y programs. All individuals using the Snoqualmie Valley YMCA facility are expected to conduct themselves in a manner consistent with the Y core values of caring, honesty, respect and responsibility. Failure to do so may result in immediate dismissal from the premises and may result in termination of membership privileges.

GUEST POLICY

All guests, 16 years and older, are required to provide a government issued photo ID and complete an Application of Daily Membership on their initial visit.

100% SATISFACTION GUARANTEE

In keeping with the Y mission and our association customer service pledge, the Snoqualmie Valley YMCA offers a 100% money back guarantee. If within the first 30 days of membership you are not satisfied with your Y experience, simply cancel your membership for a full refund.

DISABILITIES

If you have a disability, need further assistance or more information, please contact the Snoqualmie Valley YMCA at 425 256 3115.

INSURANCE DISCLAIMER

It is the member or participant's responsibility to provide his or her own accident and health insurance. The Y does not provide any such coverage for members or participants.

REFUND POLICY

All schedules, activities, class fees and staff may be changed or cancelled by the Y without notice. If the Y cancels a class that has a fee, a refund or credit toward another session will be issued.

CANCELLATION POLICY

The Y does not require contracts. To cancel your facility membership, you must provide written notice of cancellation 7 days prior to your next scheduled payment. Your membership can be reinstated within 30 days of cancellation without a joining fee.

RETURNED PAYMENTS

The YMCA reserves the right to charge a \$30 service fee on all returned payments, electronic fund transfers and declined reoccurring credit card charges.

PLACING MEMBERSHIPS "ON-HOLD"

Memberships may be put on "hold" twice per calendar year for up one to 12 months. This provides an extended leave from your membership but saves you from repaying the joining fee when you return. There is a \$5 monthly fee for this service. If you are unable to participate at the Y due to a medical condition, you may request a medical leave without monthly dues with a note from your care provider. To place your membership on hold, you must provide written notice seven days prior to your next scheduled payment.

PROPER ATTIRE

For your safety and the safety of others and to help keep our YMCA clean, we ask that you adhere to the following clothing policies: Shirts are required to be worn at all times throughout the facility. Closed-toe shoes are required at all times in the Cardio/Strength Training area.

ONLINE ACCOUNT

Our online store enables us to offer online registration for many of our program offerings like youth sports, small group personal training, and summer camps, etc.

AFFORDABLE FOR ALL

Affordable for All pricing is available for those needing assistance in paying for the full cost of a YMCA program or membership. Please ask for information at Member Services. All Y members receive the same membership, regardless of assistance.

MEMBERSHIP CARDS

In an effort to provide a safe place for our family, we give each member, including children, a membership card and ask that you always present it to gain and expedite admittance to any Y.

IDENTIFICATION

The Y is a membership organization. Government issued photo ID with proof of age is required for membership.

POLICY & PROCEDURES



FACILITY GUIDELINES

Safety is our number one priority at the YMCA. These guidelines will help to ensure you and your family's safety while having fun at the YMCA.

- **Ages 6 weeks–7 years old:** The supervising adult needs to provide direct supervision at all times unless in a program, class or in Kids Zone.
- **Ages 8–10 years old:** Children must be accompanied by a supervising adult who remains in the same building.
- **Ages 11–13 years old:** Youth may use the facility without an adult being present.
- **Ages 14–17 years old:** This age group is considered an adult for the purpose of facility usage.
- Please follow all posted rules including the Member Code of Conduct, Kids Zone, cardio and health and well-being center policies.

AGE GUIDELINES FOR SPECIFIC AREAS

- **The cardio and strength training area** is open to all members ages 10 years and older. Ages 10–13 must be accompanied by a supervising adult who remains in the room, actively monitoring the youth. Youth ages nine years and under are not permitted in the room. Exceptions may be made for infants that are secured in an approved device and that are in close proximity to an adult.
- **Bathroom/Shower Facilities:** All bathrooms and showers at our branch are private and may be used by all genders. Shower facilities are available for community use Monday–Friday, 8:00am–10:00pm and Saturday, 9:00am–2:00pm. Community members should bring their photo ID to access our facility.

KIDS ZONE POLICY & GUIDELINES

Behavior Guidelines: We are committed to providing a safe, nurturing environment for the children and families we serve.

In order to do so, we need everyone to follow basic behavior guidelines based on the YMCA core values: caring, honesty, respect and responsibility. It is our desire to help children develop self-control and self-discipline. If problems arise, we use the following guidelines:

- Children will be encouraged to use words to try and solve the situation.
- Children will be redirected to a new activity.
- Children will be provided a quiet activity until they gain control.
- Parents will be called back to remove the child from the program.
- Physical and verbal violence or unsafe behavior of any type will not be tolerated. If a child's behavior is unsafe, a parent or guardian will be called immediately to pick up the child. The child may be suspended from the program.
- While children are checked in to Kids Zone the supervising adult must remain on the Y premises.
- There is a two-hour time limit per day.

The following guidelines will help you determine if your child(ren) should be left in the care of Kids Zone. We ask parents to keep their child at home if within the last 24 hours he/she has:

- Thick yellow/green nasal discharge
- Fever
- Vomiting
- Diarrhea
- Contagious rash
- Eye discharge (thick mucous or pus draining from eye, or pink eye)
- Head lice
- One or more symptoms of the following illnesses: chicken pox, impetigo, conjunctivitis, persistent cough, ringworm, scabies, strep throat, tuberculosis, mumps, rubella, hepatitis or viral meningitis

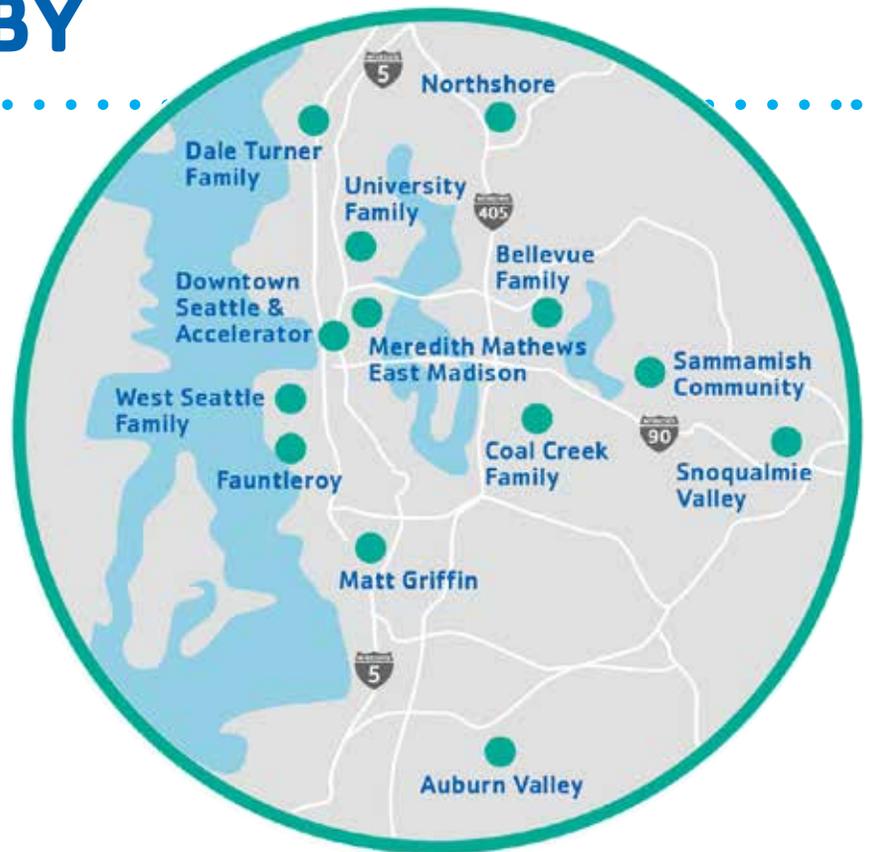
For the safety of others, we reserve the right to turn away any child(ren) that exhibit symptoms of illness.

FIND A Y NEARBY

Your membership includes access to YMCAs across Washington State, along with the 13 YMCA of Greater Seattle locations.

No matter where you go – at work, home or in between – you’ll find a Y nearby.

For more information, visit seattleyymca.org.



AUBURN VALLEY

1620 Perimeter Rd SW
Auburn, WA 98001
253 833 2770

BELLEVUE FAMILY

14230 Bel-Red Rd
Bellevue, WA 98007
425 746 9900

COAL CREEK FAMILY

13750 Newcastle Golf Club
Rd Newcastle, WA 98059
425 282 1500

DALE TURNER FAMILY

19290 Aurora Ave N
Shoreline, WA 98133
206 363 0446

DOWNTOWN SEATTLE

909 4th Ave
Seattle, WA 98104
206 382 5010

FAUNTLEROY

9140 California Ave SW
Seattle, WA 98136
206 935 6000

MATT GRIFFIN

3595 S 188th St
SeaTac, WA 98188
206 244 5880

MEREDITH MATHEWS EAST MADISON

1700 23rd Ave
Seattle, WA 98122
206 322 6969

NORTHSHORE

11811 NE 195th St
Bothell, WA 98011
425 485 9797

SAMMAMISH COMMUNITY

831 228th Ave SE
Sammamish, WA 98075
425 391 4840

SNOQUALMIE VALLEY

35018 SE Ridge St
Snoqualmie, WA 98065
425 256 3115

UNIVERSITY FAMILY

5003 12th Ave NE
Seattle, WA 98105
206 524 1400

WEST SEATTLE FAMILY

3622 SW Snoqualmie St
Seattle, WA 98126
206 935 6000

