



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE COMMUNITY HAPPENS

Winter Program Guide 2018
WEST SEATTLE FAMILY YMCA

YOU MAKE A
DIFFERENCE

3622 SW Snoqualmie St
Seattle, WA 98126

KIDS ZONE

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. A parent/guardian must remain at the facility.

KIDS ZONE: INFANT KIDS CORNER

Ages 4 weeks to walking

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

KIDS ZONE: ADVENTURE ZONE

Ages 3–5 years

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

KIDS ZONE: KIDS GYM

Ages 5 to 12 years

Monday to Thursday	3:30–7:00pm*
Saturday	8:30am–12:30pm

KIDS ZONE: TWEEN ZONE

Ages 9 to 13 years

Monday to Thursday	4:00–8:00pm
Friday	4:00–6:00pm
Saturday	9:00am–12:30pm

*5–8 years drop-in care is in Adventure Zone.

At 7:00pm, Kids gym children will be transferred to Adventure Zone.

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
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Where: Fautleroy Church–upstairs near Small Chapel

FAMILY ACTIVITIES

PARENTS DAY OUT PLUS

Ages 3 months to 12 years

Parents can delight in some time to themselves while their children have an engaging afternoon at the West Seattle YMCA. They'll enjoy free play and group games in the gym, circle time, art projects and a healthy snack.

January 20, February 17, March 17, April 21,
1:30–5:30pm

COST: Ages 3 months–2 Years: \$24 FM / \$34 CM
Ages 3–12 Years: \$20 FM / \$28 CM

PARENTS NIGHT OUT PLUS

Ages 3 months to 12 years

On the second Saturday of each month, we offer parents and caregivers an evening out while their children are safely and actively engaged at the West Seattle YMCA. Dinner is served for ages 2 and older.

January 13, February 10, March 10, April 14,
5:30–10:00pm

COST: Ages 3 months–2 Years: \$32 FM / \$44 CM
Ages 3–12 Years: \$27 FM / \$38 CM

FRIDAY FAMILY NIGHT

Play on the mats, climb and slide through the inflatable obstacle course and run on the track during Family Night. Get your family moving together!

Fridays, January 5, February 2, March 2, April 6,
6:30–8:00pm

TWEEN TAKEOVER

Ages 9–13

Calling all tweens to take over the Y after hours! While the building is closed, we will play group games, get creative with a craft, test our minds and bodies with fun challenges and meet new friends! Don't forget your swimsuit for the pool and your sneakers for the cardio room.

Saturdays, January 27, February 24, March 31, April 28,
6:30–9:00pm

COST: FREE



FAMILY CONNECT EVENTS

FAMILY LEGO NIGHT

Come join us for a night of building fun with legos. Must register in advance.

January 19, 6:30–8:00pm

COST: FREE FM / \$5.00 person CM

FUN FILLED SCIENCE

We love science come join us for a fun night of experiments. Must register in advance.

February 16, 6:30–8:00pm

COST: FREE FM / \$5.00 person CM

EVERYTHING GREEN

Wear green and join us as we try green food and do green projects together. Must register in advance.

March 16, 6:30–8:00pm

COST: FREE FM / \$5.00 person CM



YOUTH ACTIVITIES & SPORTS

KARATE (CO-ED)

Ages 7+

Learn the ancient, traditional Korean Martial Art of Tang Soo Do. We teach self-defense and self-discipline while promoting a healthy lifestyle. We strive to teach students to be better people through endurance and hard work. These classes are a great workout and help increase strength, flexibility, balance, coordination and aerobic capacity. Beginner and Advanced options available.

Tuesday & Thursday, January 2–30, February 1–27, March 2–29, 6:00–7:00pm, Advanced Thursdays, 7:00–8:00pm

COST: \$58 FM / \$88 CM

MIDDLE SCHOOL BASKETBALL

Grades 6–8

Improve your basketball skills and be part of a team! YMCA Middle School Basketball League means fun, fair play, good sportsmanship and respect for all. Open to boys and girls who want to further develop skills. Players will participate in strength conditioning and plyometric exercises, as well as basketball workouts where players will fine tune fundamentals and learn advanced basketball techniques and offenses. Practices are held once during the week with games on the weekend beginning February 26. Games run March 10–April 21.

Early Registration: January 8–28

Registration: January 28–February 12

COST: Early Registration: \$85 FM / \$132 CM

Registration: \$100 FM / \$147 CM



BIRTHDAY PARTIES

All Ages

We love to celebrate birthdays at the Y! Parties are 90 minutes long and include an activity and time in the party room plus a t-shirt for the birthday child, balloons and table cloths. Party hosts provide cheerful support and guidance while everyone enjoys a fun-filled party. Price includes up to 15 children, additional children are \$8 each.

Zany Zone

Swing on rings, play in the gym and tumble on our colorful mats.

Saturdays, 1:00, 2:15, & 3:15pm

COST: \$150 FM / \$185 CM

Inflatable Obstacle Course

Bounce, climb and slide on our huge inflatable obstacle course.

Sundays, 12:00, 1:30, & 3:00pm

COST: \$220 FM / \$255 CM

Adventure Zone

Run, jump and tumble in our dynamic Adventure Zone! Enjoy climbing toys, mats, a parachute, hula hoops, balls and group games.

By request

COST: \$175 FM / \$205 CM

Contact Ally Pardo at apardo@seattleyymca.org



INDOOR SOCCER

Grades PreK–1

Indoor soccer at the Y provides players with skill building activities in a variety of subjects such as passing, dribbling, shooting and defense. The rules and equipment used are age-appropriate. Emphasis is on sportsmanship, skill building, participation, friendship and fun. Practices are held once during the week with games on the weekend beginning February 26. Games run March 10–April 21.

Early Registration: January 8–28

Registration: January 28–February 12

COST: Early Registration: \$85 FM / \$132 CM

Registration: \$100 FM / \$147 CM



CREATIVE MOVEMENT

Ages 3–5

Your child will embark on an imaginative journey into the world of movement and dance. Each class will offer a variety of activities to engage both body and mind. Develop creativity, coordination, and spatial awareness in a safe and fun environment.

Mondays, January 29–March 5, 3:30–4:15pm

COST: \$50 FM / \$75 CM

BUILDING CONFIDENCE IN THE WATER



AQUATICS PROGRAMS

Included in your membership

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Recreational and Family Swim

We offer a variety of recreational and family swim options all throughout the week.

Masters Program

Masters Swim

You don't have to be a "master" to join Masters Swimming! This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. One of the greatest benefits of Master's swimming is to be able to practice with an organized group.

When: Monday / Wednesday / Friday, 5:30–6:55am

COST: Free with Y Membership

Masters Swim with Coach

Improve your swimming technique, swim fitness, prepare for open water swim races or simply swim along with others for fun! Swimmers will be grouped in lanes based on their swimming abilities, all levels are welcome (although swimmers should be able to swim at least 25 yards without stopping). Knowledge of all four strokes is not necessary and swimmers will have the opportunity to improve in or learn all four. Class includes a coach on deck to work on technique and is open to YMCA facility and community members ages 18 and up. Check online or contact membership services for registration and pricing.

When: Tuesday, 11:55am–12:55pm





Planning Your First Visit to the Y?

We are excited to welcome you to our pool. In order to provide a fun, safe experience for all, we have established the following guidelines to use during your visit.

As You Plan Your First Visit To the Y:

- We offer complimentary towel service at the Y, but encourage you to bring towels from home whenever possible.
- If you are planning to bring guests, neighbors or friends with you for a visit, make sure they have their photo ID (legal photo ID required for guests 16+) upon checking in at the Y.
- Children not potty trained must wear a swim diaper & plastic pant cover

Participating in Recreation or Family Swim

- Please check the Pool schedule prior to your visit to ensure availability, as Rec Swim is scheduled at certain times throughout the day.
- Recreation Swims or Family Swims are scheduled either for 1 hour, an hour and a half, or 2 hours depending on the day.
- Kids under 14 should be swim tested when they come for Rec Swim or Family Swim.
- Please refer to our schedule for specific Rec Swim sessions.

SWIM LESSONS

Join the West Seattle YMCA for swim lessons! We offer private, semi-private, & group swim lessons. Please see Member services or pick up our brochure at the front desk for details. Our cancellation policy is prior to the first day of class in order to receive a full refund. No makeup classes for missed days.

Registration Calendar

	# of Weeks	Priority	Facility Members	Community Members
WINTER January 6–March 1	8	December 12–14	December 14–31	December 19–31
SPRING I March 10–May 3	8	February 13–15	February 15–March 4	February 20–March 4
SPRING II May 15–June 23	6	April 17–19	April 19–May 6	April 24–May 6

Questions

Melanie Baer, Swim Instructor Coordinator, mbaer@seattleyymca.org

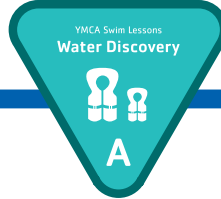




STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.



B / WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit.
- Jump, push, turn, grab.



1 / WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



2 / WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

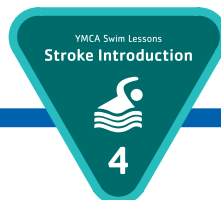


3 / WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

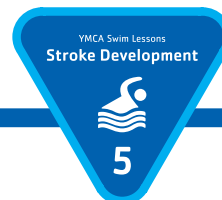
SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.



6 / STROKE MECHANICS

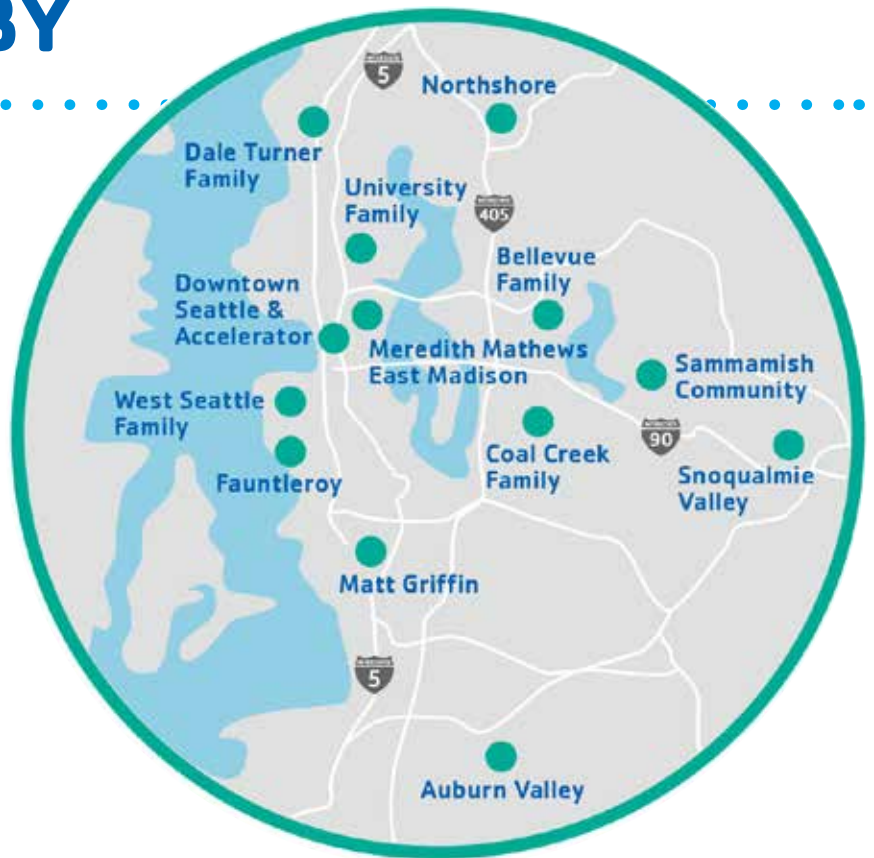
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

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

