



# YOUTH RECREATION Y PLAY SCHEDULE

MARCH

		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** (3-10 years old) 5:00-7:10	
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					\$ Itty Bitty Sports (4-6 years old) 5:45-6:25	
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 Ballet** (3-6 years old) 5:00-6:25	\$ Youth Volleyball Clinic (10-12 years old) 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						\$ Youth Volleyball Clinic (13-15 years old) 6:00-7:00
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 8:00-1:30					
	AQUATICS	\$ Swim Lessons 10:00-1:20			Family Swim 1:30-5:30		
	YOUTH RECREATION	\$ Youth Ballet** (3-10 years old) 9:00-11:10	\$ Itty Bitty Sports + (3-6 years old) 10-11:25	\$ Gymnastics* (3-6 years old) 11:30-12:55			
SUNDAY	FAMILY PROGRAMS	Kid Zone 9:30-1:30					
	AQUATICS	\$ Swim Lessons 10:00-1:20			Family Swim 1:30-5:30		
	YOUTH RECREATION					Family Zumba 5:00-6:00	

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 3-5 years old. The following 40 minutes class is for 5-6 years old.

\*\* : First 40 minutes class is for 3-4 years old. The following 40 minutes class is for 5-6 years old. The last 40 minutes class (when applicable) is for 7-10 years old.

+ : First 40 minutes class is for 3-5 years old (Rookies class). The following 40 minutes class is for 5-6 years old (Veterans class).

**BELLEVUE FAMILY YMCA**

14230 Bel-Red Road, Bellevue, WA 98007

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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.

**YOUTH BALLET – 3–4 YRS, 5–6 YRS OR 7–10 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.

**YOUTH VOLLEYBALL CLINIC – 10–12 YRS OR 13–15 YRS.** A 10-week clinic perfect for beginners and anyone interested in building on new or preexisting skills. Participants will develop fundamental volleyball skills like serving, setting, hitting, and rules of the game. The focus of the clinic is to develop self-confidence and healthy habits, while participating in a relaxed competitive environment. Fees apply. Register at front desk.

**FAMILY ZUMBA.** A fun activity for all the family! Parents and kids dance together to current hits and world music, plus interactive games that will keep you smiling while you move. 5 years old and up. No dance experience required. Free for Facility Members.

**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 required to be in the water with children under the age of 8. Children ages 8–14 who cannot pass the swim test are required to be accompanied by a parent in the water. Free for Facility Members.

### 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 & TRX, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.*

**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.

**FAMILY GYM TIME.** Time reserved specifically for families who want to stay active and play together. All other activities at the gym, at this time, must yield if families or youth would like to play in the reserved space during the designated time.

## CONTACT INFORMATION

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