



YOUTH RECREATION Y PLAY SCHEDULE

APRIL

		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						
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 League (Grades 4 to 6) 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				\$ Itty Bitty Karate (4-7 years old) 5:00-5:30	HIIT - High Intensity Interval Training (14 years old and up) 6:00-6:45	\$ Youth Volleyball League (Grades 7 to 9) 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 YMCA Members, \$5 Non-YMCA 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 YMCA Members, \$5 Non-YMCA 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 YMCA Members, \$5 Non-YMCA 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. Fees apply. Register at front desk. Sessions Vary.

HIIT: HIGH INTENSITY INTERVAL TRAINING – 14 YRS AND UP. A great way to build strength and endurance! Moderate to High intensity intervals comprised with multiple circuits for a full-body workout. This class is to improve your strength and conditioning by pushing you to the limit. It is designed for fitness enthusiasts wanting to take their athleticism to the next level. Free for YMCA Members.

ITTY BITTY KARATE – 4–7 YRS. Our Itty Bitty Karate program provides a fun and disciplined martial arts experience. Teaching confidence, improving attention spans, and giving children the ability to defend themselves. The curriculum will consist of forms (a variety of moves), pad work, and games. This is an exciting way to introduce martial arts to your kids. Fees apply. Register at front desk.

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. 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. Fees apply. Register at front desk.

YOUTH VOLLEYBALL LEAGUE – GRADES 4 TO 9. This league focuses on sharpening skills, and learning the rules all in a fun, non-competitive environment. 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. Practices are once per week, starting the week of April 16 and ending the week of June 9. Games are played on Fridays or Saturdays beginning May 4. Practices are at the Bellevue YMCA. Games are at the Bellevue YMCA and other YMCA facilities across King and south Snohomish counties. 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 YMCA 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 YMCA 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.

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. Free for YMCA Members.

CONTACT INFORMATION

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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.