



GYMNASIUM SCHEDULE

JUNE

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	Near	Far	
5am	Open 5-6		Open 5-6		Open 5-6		Open 5-6		Open 5-6						
6am	Basketball 6-7	Pickleball 6-8:55	Cycle Circuit 6-7	Pickleball 6-8:55	Basketball 6-7	Pickleball 6-8:55	Cycle Circuit 6-7	Pickleball 6-11:30	Basketball 6-7	Pickleball 6-8:55					
7am	Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-8:55		Pickleball 7-9		Open 7-9		
8am															
9am	AOA Cardio (Kristina) 9-9:55		Open 9-10:30	Open 9-11	AOA Cardio (Kristina) 9-9:55		Open 9-11			AOA Cardio (Kristina) 9-9:55		Open 9-12	sIndividual Volleyball Training 9-5	Open 9-5	
10am	AOA Strength (Kristina) 10-10:30				AOA Strength (Kristina) 10-10:30			AOA Strength (Kristina) 10-10:30							
10:30am	Open 10:30-12		Adult Recess (Hope) 10:30-11:30	s Total Body Conditioning (Jana) 11-12	Open 10:30-12		s Total Body Conditioning (Jana) 11-12			Open 10:30-12					
11am					Open 11:30-12			Open 11:30-12							
11:30am							Open 11:30-12								
12pm	**Adult Pick-up Basketball 12-2		Open 12-3		**Adult Pick-up Basketball 12-2		Open 12-4		**Adult Pick-up Basketball 12-2		sIndividual Volleyball Training 12-3	Open 12-3			
1pm															
2pm	Open 2-6				Open 2-3				Open 2-4						
3pm			Open 3-6	sIndividual Volleyball Training 3-6	Open 3-8	sIndividual Volleyball Training 3-6					Open 3-6:45				
4pm							Open 4-6:45	sIndividual Volleyball Training 4-6	sIndividual Volleyball Training 4-7	Open 4-7	Gym is reserved for Special Needs Respite Care. Gym will close from 3:30-4:30pm every 2nd Saturday of the month.				
5pm															
5:30pm															
6pm	Boot Camp (Kevin) 6-6:50	Open 6-7	Open 6-6:20				sYouth Volleyball League 6-7 (Ends on June 6)	sYouth Volleyball League 6-7 (Ends on June 7)							
6:30pm			Bollywood Fitness (Kavita) 6:30-7:30												
7pm	Open 7-8	Cardio Club 7-8			Cardio Club 7-8		Circuit Training (Autumn) 7-7:45	sAdult Volleyball Clinic 7-8 (Ends on June 7)	Open 7-9:45 Family Gym Time						
7:30pm			Open 7:40-9:45												
8pm	**Adult Pick-up Basketball 8-9:45				**Adult Pick-up Basketball 8-9:45		Open 8-9:45								
9pm															

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

Please see back for more about rules and expectations regarding activities: Full court basketball games are reserved for Adult Basketball times. Please play half-court during open gym times. Volleyball set-up is not reflected in the scheduled classes, which happens about 20 minutes before a class.

For additional activities, see our Youth Recreation & Y Play, Group Exercise, Group Cycling & TRX, Active Older Adults, Aquatics schedules and Program Guides.

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007

P 425 746 9900 F 425 746 6265 seattlemca.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.

GYMNASIUM TERMINOLOGY

- **NEAR.** The side of the gym closest to the entrance.
- **FAR.** The side of the gym furthest from the entrance.
- **OPEN.** The near side of the gym is reserved for children and families. The far side of the gym is reserved for adults playing basketball. If one side is not in use, members are free to use either side.
- **FAMILY.** Time reserved specifically for families who want to stay active and play together. All other activities must yield if families or youth would like to play in the reserved space during the designated space.
- **YOUTH.** Time reserved specifically for youth under 18.

GYMNASIUM RULES

- **All members are welcome** to participate in open gym times.
- **Please limit your play to one hoop.** If you are playing a basketball game and utilize more than one hoop, please make your game open to any member.
- **Practice shooting** at baskets when a game is in progress **is at your own risk.**
- **No slam-dunking,** hanging on the rim or hanging on the net.
- **Profanity and other disruptive behavior will not be tolerated.** Other disruptive behavior include but are not limited to: heckling, not leaving the court when you are supposed to, or rehashing plays after the fact.
- **Do not eat in the gym or leave your trash** behind when you leave. Please place towels in provided receptacle. Respect is a YMCA value.
- **Failure to abide by court rules** and the YMCA's Code of Conduct may result in temporary or permanent suspension of YMCA membership privileges.
- **No loitering, dribbling or shooting during non-open gym times.** When both sides of the gym are being used for programs, the gym is closed to other members.

ADULT PICK-UP BASKETBALL RULES **

- **Adults ages 18+** have gym priority at this time.
- **If there are 15 or less players,** players may play full court, 5 on 5 games.
- **If there are 16 or more players,** players **MUST** play half court, 4 on 4 games.
- **First 10 people to arrive** make up the first two teams.
- **First team to 15 points by 1 & 2's wins the game.**
- **Losing team comes off the court:** the next group of players go on the court.
- **Players coming off the court must wait out** a game if other players are waiting to play, even if picked up by another team.
- **Calling Fouls:** Players should call a foul if hacked or knocked down, but in general players should expect some physical play as part of the game. In general, players do not call a foul on defense unless it is flagrant. Fouls do not result in free throws, just a stoppage in play and restarting play by checking the ball.

NET SPORTS RULES

Volleyball

- **Minimum group of 6 people** must be present to request for net to be set up .
- **After 8pm,** adults and children **ages 14+ only.**
- **Games will be played 6 on 6,** with additional members rotating in as service changes.
- **First team to 15 points wins the game.**

CONTACT INFORMATION

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

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

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. If an activity is not scheduled in the gym, it is considered open gym. Full court basketball games are reserved for Adult Basketball times. Please play half court during open gym times. For additional activities, see our Group Exercise, Group Cycling & TRX, Active Older Adults and Aquatics schedules, in addition to our program guides.

§: see program guide for fees & registration information or ask front desk

***: see details for rules of Adult Pick-up Basketball*

!: see details for Net Sports Rules