



# Gymnasium Schedule May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a-9:00p <b>Open Gym</b> Court 1 & 2	5:00a -9:00a <b>Open Gym</b> Court 1 & 2	5:00a-4:30p <b>Open Gym</b> Court 1 & 2	5:00a-9:00p <b>Open Gym</b> Court 1 & 2	5:00a-2:00p <b>Open Gym</b> Court 1 & 2	8:00a—5:30p <b>Open Gym</b> Court 1 & 2	10:00a-5:30p <b>Open Gym</b> Court 1
	9:00a-12:00p <b>Open Gym</b> Court 2		9:00a-12:00p <b>Open Gym</b> Court 2			
	9:30a-12:00p <b>Pickleball</b> Court 1		9:30-12:00 <b>Pickleball</b> Court 1		10:00a-12:00p <b>Reserved for Birthday Parties</b> Court 2	10:00a-12:00p <b>Reserved for Birthday Parties</b> Court 2
	12:00p-9:00p <b>Open Gym</b> Court 1 & 2		12:00p-6:00p <b>Open Gym</b> Court 1 & 2			
		Teen Basketball League starts 5/2/18 4:30p-7:00p (Registration Required) Court 1 & 2	6:00p-9:00p <b>Open Gym</b> Court 1	2:00p-7:30p <b>Teen Basketball League Starts 5/2/18 (Registration Required)</b> Court 1 & 2	10:00a-12:00p <b>Reserved for Birthday Parties</b> Court 2	10:00a-12:00p <b>Reserved for Birthday Parties</b> Court 2
			6:00-9:00p <b>Volleyball</b> Court 2 <b>Starts 4/5/18</b>			

## COMING THIS MONTH!

**Teen Basketball League  
May 2-June 6**

## DESCRIPTIONS

**ACT!** 12 week program for youth 8-14 years (>85th percentile or higher of body mass index) and their parents promoting healthy nutrition, activity and lifestyles developed in partnership with providers and professionals at Seattle Children's Hospital and the Y of Greater Seattle. Contact Madison Johnson for more information at [madisonjohnson@seattleyymca.org](mailto:madisonjohnson@seattleyymca.org).

**ADULT PICKUP BASKETBALL (18+)** This is structured and supervised time in the gym that allows priority for basketball players 18 years of age and older. Y staff maintain a player sign-up sheet and keep score of games. Half Court.

**BIRTHDAY PARTIES** Celebrate with us by hosting a memorable, fun-filled party at the Y! Choose from a variety of party packages. Contact Elizabeth Galicia for more information at [egalicia@seattleyymca.org](mailto:egalicia@seattleyymca.org).

**FIT KIDS** While you're increasing your heart rate, your kids can play, release energy and make new friends in a supervised, caring environment—all free with your Y family membership.

**OPEN GYM | FAMILY GYM** Unstructured and unsupervised time in the gym. All members are welcome to use the gym on a first-come, first-serve basis. Members may request volleyball nets upon availability.

**PICKLEBALL** This is semi-structured but unsupervised time in the gym dedicated to pickle ball. Pickle ball nets are set-up upon request. All members are welcome to use the gymnasium for pickle ball on a first-come-first-served basis. Half court.

**PICKUP BASKETBALL (AGES 14-16)** This is structured and supervised time in the gym that allows priority for basketball players between the ages of 14-16 years old. Y staff maintain a player sign-up sheet and keep score of games. Half Court.

**SPECIALTY SKILLS CLINIC** This program brings together kids with and without disabilities to participate in sports in a fun and informal setting. The emphasis is on increasing skills, team building, and enjoying physical activity. This program is fee based. Contact Madison Johnson for more information at [madisonjohnson@seattleyymca.org](mailto:madisonjohnson@seattleyymca.org).

## CONTACT INFORMATION

**SANDERS ROBINSON, Facility Supervisor** 206 244 5880 or [srobinson@SEATTLEYMCA.ORG](mailto:srobinson@SEATTLEYMCA.ORG)

**MATT GRIFFIN YMCA** 3595 S 188th ST SeaTac, WA 98188  
P 206 244 5880 F 206 244 5881 [seattleyymca.org](http://seattleyymca.org)

## RULES:

### AGE GUIDELINES

- Members under 8 years of age must be supervised by a guardian. Members between the ages of 8-9 do not need supervision in the gymnasium, but must have a guardian present in the building. Members between the ages of 10-17 do not need supervision, nor a guardian in the building.
- During Adult Pick-Up basketball, only players 18 and older are permitted to play.
- During Pick-Up Basketball only players 14-16 are permitted to play.
- Children under the age of 12 are not allowed in the gym during Adult and Pick-Up Basketball times.

### GENERAL RULES

- Members may NOT place their personal belongings in the gymnasium.
- Members may NOT dunk on the basketball hoops.
- Members MUST wear proper attire, including athletic shoes.
- Members may NOT have backpacks or bags in the gymnasium.

### BALL CHECK-OUT

Basketballs and volleyballs are available for check-out from the Member Service Desk.

Members must provide their membership card or an identification card in exchange for a ball.

### YMCA CODE OF CONDUCT

- Individuals are expected to:
- Uphold YMCA core values of respect, responsibility, honest & caring
- Provide an atmosphere free of derogatory or unwelcome comments, conduct or actions of sexual nature, or actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status
- Be respectful and cooperative with Y staff and members.
- The following will NOT be tolerated in Y facilities or programs:
  - Abusive, harassing, and/or obscene language or gestures
  - Threats of harm, physical aggression, or violent acts
  - Weapons of any kind
  - Smoking
  - Damaging or defacing Y property
  - Possession, sale, use or being under the influence of alcohol or illegal drugs.
  - Offensive and unlawful conduct.
- Gambling

Individuals who experience or observe inappropriate conduct are encouraged to promptly report their concern to a Y staff.

Failure to follow this code of conduct will result in disciplinary actions, which may include immediate eviction from the premises, loss of privileges, and suspension or expulsion. The Y may contact security, police or other authorities for assistance or to take ap-