



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## WEST SEATTLE YMCA

As of September 1, 2018

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
5:30														
6:00	Adult Bball 5:30 - 7:30		Adult Bball 5:30 - 7:30		Adult Bball 5:30 - 7:30		Adult Bball 5:30 - 7:30		Open 5:30 - 7:45		Facility Opens at 7:00am			
6:30														
7:00											Adult Bball 7:00 - 8:30		Adult Bball 7:00 - 9:00	
7:30					Open 7:30 - 9:00				Class 7:45 - 9:00				Facility Opens at 10:00am	
8:00														
8:30			Open 7:30 - 11:00		Family Programs 9:00 - 11:00		Open 7:30 - 5:45							
9:00														
9:30														
10:00											Kids Gym 8:30 - 12:30		Open 10:00 - 10:45	
10:30														
11:00	Open 7:30 - 3:00		Open 7:30 - 3:00		Pickleball 11:00 - 12:30		Open 7:30 - 3:00		Pickleball 11:00 - 12:30		Kids Gym 10:00 - 12:30			
11:30														
12:00														
12:30					Parent and Tot Playtime 11:00 - 3:00									
1:00														
1:30														
2:00					Open 7:30 - 7:30				Open 9:00 - 6:00				Open 10:00 - 5:30	
2:30														
3:00	Setup 3:00 - 3:30		Setup 3:00 - 3:30	Open 12:30 - 5:45	Setup 3:00 - 3:30		Setup 3:00 - 3:30	Open 12:30 - 5:45			Bday Parties 12:30 - 5:30		* Except 2nd & 3rd Saturdays. See reverse	
3:30														
4:00														
4:30														
5:00	Kids Gym 3:30 - 7:00	Open 3:00 - 7:30	Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00							
5:30														
6:00								Class 5:45 - 7:00			Facility Closes at 6:00pm		Adult Volleyball 5:30 - 7:30	
6:30														
7:00	Clean Up 7:00 - 7:30		Clean Up 7:00 - 7:30	Class 5:45 - 8:30	Clean Up 7:00 - 7:30			Clean Up 7:00 - 7:30	Family Events 6:00 - 8:30				Open 6:00 - 7:30	
7:30	Family Gym 7:30 - 8:30		Class 7:30 - 8:30		Family Gym 7:30 - 8:30		Family Gym 7:30 - 8:30							
8:00													Facility Closes at 8:00pm	
8:30														
9:00	Adult Bball 8:30 - 9:30		Youth Bball 8:30 - 9:30		Adult Bball 8:30 - 9:30		Youth Bball 8:30 - 9:30		Open 8:30 - 9:30					
9:30														
10:00														

## **GYMNASIUM RULES**

- **Schedule may change without notice due to special events, training, maintenance or class needs.**
- Members under 8 years of age must be directly supervised by a guardian. Members between the ages of 8 to 10 do not need direct supervision in the gymnasium, but must have a guardian age 18 or older present in the building.
- Basketballs, volleyballs and other equipment may be checked out from Service Center. Members must provide their membership card, identification card or locker key in exchange for equipment.
- Gymnasium closes 30 minutes before the rest of the facility closes.
- When gymnasium is unoccupied by designated use, the gym reverts to open use.

## **DESCRIPTIONS**

### **OPEN GYM**

This is unstructured and unsupervised time in the gym. All members are welcome to use the gymnasium on a first-come-first served basis. When gymnasium is unoccupied by designated use, the gym reverts to open use.

#### **\* Open Gym Exceptions:**

- On the second Saturday of each month, the east gymnasium closes at 4:30pm for Parents Night Out.
- On the third Saturday of each month, the east gymnasium is reserved for our Parents Afternoon Out program from 1:00 to 6:00pm.

### **ADULT BASKETBALL**

This is structured time in the gym that allows priority for basketball for adults ages 18 and older. Members ages 14 to 17 may participate as deemed appropriate by Y staff. All players must follow posted rules. No slam dunking, hanging on the rim or hanging on the net. Use basketball game sign up sheet when needed.

### **BIRTHDAY PARTIES**

During this time, the gymnasium is reserved for birthday parties. If you like to learn more about hosting your child's birthday party at the Y, as the front desk!

### **CLASS**

During this time, a group exercise class will be held in the gym. See our group exercise schedule for details on classes.

### **FAMILY EVENTS**

On Friday evenings, the west side of the gymnasium is reserved for family events from 5:30 to 8:30pm. To learn more about these events, please see the Family Programs brochure. When gymnasium is not occupied by a Family Event, it will revert to open use.

### **FAMILY GYM TIME**

Hit the gym with your family! This is a great time for families who want to spend time together by playing different sports like basketball, soccer, etc. Invite your friends and get them in on the fun!

### **KIDS GYM**

Ages 5 to 9 years. 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 and parent/guardian must remain at the Y.

### **Pickleball**

Practice your pickleball skills and enjoy some friendly competition.