



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA GYM AT CENTRAL WASHINGTON UNIVERSITY

Room Schedule for FEBRUARY 2019

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<ul style="list-style-type: none"> ★ Minis Basketball Winter League 8:30am-9:30am (3-5 yrs) Jan 5 - Feb 23 ★ Youth Skills & Drills Basketball 9:45am-10:45am (6-7 yrs) ★ Youth Skills & Drills Basketball 11am-12pm (8-9 yrs) Jan 5 - Feb 9 Next session: Feb 23 - Mar 30 	Closed
	Teen Team Sports 3pm-4:45pm			**Feb 2: See Modified Facility Schedule section below		
	<ul style="list-style-type: none"> ★ Intro Skills & Drills Basketball 5pm-6pm (6-7 yrs) Jan 8 - Feb 12 Next session: Feb 26 - Apr 2 	<ul style="list-style-type: none"> ★ Intro Skills & Drills Basketball 5pm-6pm (8-9 yrs) Jan 3 - Feb 7 Next session: Feb 28 - Apr 4 				
	<ul style="list-style-type: none"> ★ Teen Skills & Drills Basketball 6:15pm-7:15pm (13-14 yrs) Jan 8 - Feb 12 Next session: Feb 26 - Apr 2 	<ul style="list-style-type: none"> ★ Youth Skills & Drills Basketball 6:15pm-7:15pm (10-12yrs) Jan 3 - Feb 7 Next session: Feb 28 - Apr 4 		Closed		
Pickleball - Adult 7:30pm-9pm	Badminton - Adult 7:30pm-10pm	Pickleball - Adult 7pm-10pm	Badminton - Adult 7:30pm-10pm			
COMING THIS MONTH	MODIFIED FACILITY SCHEDULE On Saturday, Feb 2, the CWU Gym will be reserved for a community event and the morning programs will be held in the Gyms at the YMCA facility adjacent to the Sammamish Library and City Hall.		TEEN TEAM SPORTS Tuesdays, 3pm-4:45pm Come, bring your friends and let's play some sports. List of sports includes basketball, volleyball, badminton, futsal, team handball - the list goes on. Great time to find a new sport to play with your friends.		MINIS BASKETBALL WINTER LEAGUE Saturdays, Jan 3-Feb 23, 8:30am-9:30am This 8-week league is designed for preschoolers to have fun while learning rules and skills of the game. Kids practice the fundamentals of basketball like dribbling, shooting, passing and in most cases, going the right way down the court through fun drills and games. The focus is on inclusion, teamwork, sportsmanship and building confidence.	

★ Fee-based, registration required—see Member Services for information.