



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST SEATTLE YMCA

As of March 1, 2019

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST						
5:30											Facility Opens at 7:00am									
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											
6:30																				
7:00																				
7:30	Open 7:30 - 3:00		Open 7:30 - 3:00		Open 7:30 - 9:00		Open 7:30 - 3:00		Open 7:30 - 3:00		Adult Bball 7:00 - 8:30		Adult Bball 7:00 - 9:00							
8:00					Open 7:30 - 9:00						Open 7:30 - 5:45		Class 7:45 - 9:00							
8:30					Open 7:30 - 11:00						Open 7:30 - 5:45									
9:00											Family Programs 9:00-11:00									
9:30																				
10:00															Kids Gym 8:30 - 12:30		Open 9:00 - 10:30		Facility Opens at 10:00am	
10:30																			Open 10:00 - 10:45	
11:00											Pickleball 11:00 - 12:30		Open 7:30 - 4:00							
11:30																				
12:00													Parent and Tot Playtime 11:00 - 3:00							
12:30																				
1:00																				
1:30									Open 9:00 - 6:00											
2:00																				
2:30			Open 12:30 - 4:30																	
3:00	Setup 3:00 - 3:30	Open 3:00 - 4:00	Setup 3:00 - 3:30		Setup 3:00 - 3:30		Setup 3:00 - 3:30				Bday Parties 12:30 - 5:30									
3:30																				
4:00																				
4:30				Youth Sports League 4:30 - 5:45				Youth Sports League 4:30 - 5:45												
5:00	Kids Gym 3:30 - 7:00	Youth Sports League 4:00 - 7:30	Kids Gym 3:30 - 7:00		Kids Gym 3:30 - 7:00	Youth Sports League 4:00 - 7:30	Kids Gym 3:30 - 7:00	Youth Sports League 4:30 - 5:45												
5:30																				
6:00								Class 5:45 - 7:00												
6:30									Family Events 6:00 - 8:30											
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						Open 6:00 - 7:30	Adult Volleyball 5:30 - 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		Women's Bball 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.