



YOUTH RECREATION Y PLAY SCHEDULE

MARCH

		MORNING - AFTERNOON		EVENING		
MONDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30		Kids Zone 4:00-9:00		
	AQUATICS			Recreational Swim Family 2:05-4:55	\$ Swim Lessons 5:00-7:15	Recreational Swim Family 7:20-8:30
	YOUTH RECREATION			\$ Youth Ballet* (3-6 years old) 5:00-6:25	\$ Youth Karate (8-14 years old) 5:15-6:15	\$ Youth Basketball League (8-12 years old) 5:30-6:30
TUESDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30		Kids Zone 4:00-9:00		Mile Club Check in Kid Zone 7:00-8:00
	AQUATICS			Recreational Swim Family 2:05-4:55	\$ Swim Lessons 5:00-7:15	Recreational Swim Family 7:20-8:30
	YOUTH RECREATION			\$ Youth Basketball League (5-7 years old) 5:30-7:30		Basics of Weight Lifting (14 years old and older) Free Weights Room 6:00-6:30
WEDNESDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30		Kids Zone 4:00-9:00		
	AQUATICS			Recreational Swim Family 2:05-4:55	\$ Swim Lessons 5:00-7:15	Recreational Swim Family 7:20-8:30
	YOUTH RECREATION					NEW! \$ Youth Volleyball League (9-12 years old) 6:00-7:00 Starts March 27
THURSDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30		Kids Zone 4:00-9:00		Mile Club Check in Kid Zone 7:00-8:00
	AQUATICS			Recreational Swim Family 2:05-4:55	\$ Swim Lessons 5:00-7:15	Recreational Swim Family 7:20-8:30
	YOUTH RECREATION			\$ Youth Basketball League (8-12 years old) 5:30-6:30		NEW! \$ Youth Volleyball League (12-15 years old) 6:00-7:00 Starts March 28
FRIDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30			Kids Zone 4:00-9:00	
	AQUATICS			Recreational Swim Family 2:05-8:30		
	YOUTH RECREATION				SALSATION® Kids (2-5 years old) 5:30-6:00	SALSATION® Kids (7-15 years old) 6:00-7:00 Gym Time - Family 7:00-9:45
SATURDAY	FAMILY PROGRAMS	Kids Zone 8:00-1:30				
	AQUATICS	\$ Swim Lessons 10:00-1:25		Recreational Swim Family 1:30-5:30		
	YOUTH RECREATION	\$ Youth Ballet* (3-6 years old) 9:00-10:25				
SUNDAY	FAMILY PROGRAMS	Kids Zone 9:30-1:30				
	AQUATICS	\$ Swim Lessons 10:00-1:25		Recreational Swim Family 1:30-5:30		
	YOUTH RECREATION		\$ Itty Bitty Sports* (3-6 years old) 10:00-11:25		Zumba® Family 5:00-6:00	

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

\$: Fees apply. Register at front desk.

*: First 40 minutes class is for 3-4 years old. The following 40 minutes class is for 5-6 years old.

** : First 40 minutes class is for 3-4 years old. The following 40 minutes class is for 5-6 years old. The last 40 minutes class (when applicable) is for 7-10 years old.

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007

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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.**

YOUTH RECREATION DESCRIPTIONS

KIDS ZONE – 4 WEEKS–9 YRS. Let our caring staff watch after your little ones while you enjoy a rejuvenating workout. We offer quality, drop-in programming with a wide variety of age-appropriate toys, games, crafts and other activities for your child's enrichment. Children may be checked in for up to two (2) hours per day in one of our designated Kids Zone rooms. Kids Zone is included in your family membership. A parent or guardian must remain at the Y.

MILE CLUB – 5–11 YRS. Designed to get kids moving through running or walking. They will improve their endurance, speed and overall health as well as set goals. Every 19 laps, participants will get a token for their bracelet. Check in at Kids Zone or Community Room.

\$ YOUTH BALLET – 3–4 YRS, 5–6 YRS OR 7–10 YRS. Your shining star will gain body awareness, strength, grace and poise along with basic ballet techniques. Ballet training encourages awareness of movement and line, builds balance and confidence, and tones and strengthens the body. Fees apply. Register at front desk. Sessions Vary.

\$ ITTY BITTY SPORTS – 3–6 YRS. Introduces children ages 3 to 6 to sports in a positive and non-competitive environment. Sessions are fun and structured with a focus on learning basic skills, teamwork, and sportsmanship while developing healthy habits and self-esteem in young children. 4-week program that rotates between basketball, flag football and soccer. During November we'll be offering basketball. We want to focus on family inclusion with the effort to maximize the enjoyment and participation of the kids. Parents are highly encouraged to help! Fees apply. Register at front desk.

\$ YOUTH KARATE – 8–14 YRS. Renowned for its ability to teach not only self defense but also to improve self confidence, Karate helps enhances personal focus and discipline as well as get people into great shape. Classes will include basic blocking, punching, kicking, self defense techniques and the form Heian Shodan. Fees apply. Register at front desk.

BASICS OF WEIGHT LIFTING – 14 YRS AND OLDER. Learn how to properly lift weights in the free weights room. Learn the proper form for squats, chess press, deadlift and other basic strength moves.

SALSATION® KIDS – 2–15 YRS. Dance fitness program based on functional training with focus on musicality and lyrical expression. The dance moves are designed to ensure the body moves in a natural and healthy way, making it safe and fun for kids as young as 2 years old all the way up to 15 years old.

ZUMBA® FAMILY. Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. Family Focused.

\$ YOUTH BASKETBALL LEAGUE – GRADES K–6. In this recreational youth basketball league, players learn the fundamentals of basketball, sportsmanship, teamwork and healthy habits while sharpening skills, practicing drills and having fun. Teams are formed by YMCA staff. We practice once per week and play a few games per season (depending on league) against other teams. All teams are led by volunteer coaches. Parental involvement, whether as a team volunteer, cheerleader or a coach, is a key to success. Each player gets a YMCA uniform top to wear on and off the court. Fees apply. Register at front desk.

DISCLAIMER

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Cycling & TRX, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.

YOUTH VOLLEYBALL LEAGUE – 9–15 YRS. This league focuses on sharpening skills, and learning the rules all in a fun, non-competitive environment. YMCA youth sports encourage and promote healthy kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team-building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Practices are once per week, starting the week of March 25. Games are played on Saturdays beginning April 20. There will be a total of 10 practices and 6 games. Practices are at the Bellevue YMCA. Games are at the Bellevue YMCA and other YMCA facilities and schools across King and south Snohomish counties. Fees apply. Register at front desk.

RECREATIONAL SWIM FAMILY . The whole family is encouraged to swim together during our family swim hours. This time is perfect for young swimmers to practice their skills or just play and have fun. Swimmers under 14 years of age may be asked to take a swim test before using the pool without a parent or guardian. Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease swim time.

\$ SWIM LESSONS – 6 MOS–13 YRS. Dive In! The YMCA has been teaching children and adults how to swim for over 100 years. Whether you are a beginning swimmer or on your way to the Olympics, your YMCA is a great place to make a splash. Sessions include 8 classes. Fees apply. Register at front desk.

GYM TIME – FAMILY. 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, badminton, etc. Invite your friends and get them in on the fun!

CONTACT INFORMATION

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