



# YOUTH RECREATION Y PLAY SCHEDULE

OCTOBER

		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* (3-7 years old) 5:00-6:25	\$ Karate - Youth (8-14 years old) 5:15-6:15	
TUESDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30			Kids Zone 4:00-9:00		Mile Club <i>Check in Kid Zone</i> 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			NEW! Yoga Family (Toddler and up) 11:45-12:30	Basics of Weight Lifting (14 years old and up) 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! \$ Tumbling - Minis (3-5 years old) 10:10-10:50				NEW! \$ Youth Volleyball League (9-12 years old) 6:00-7:00	
THURSDAY	FAMILY PROGRAMS	Kids Zone 9:00-12:30			Kids Zone 4:00-9:00		Mile Club <i>Check in Kid Zone</i> 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	NEW! Stroller Workout (3 weeks-3 years old) 9:45-10:45	NEW! \$ Creative Movement (3-5 years old) 11:45-12:25			NEW! \$ Youth Volleyball League (12-15 years old) 6:00-7:00	
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				NEW! Family Fitness Dance (3 years old and up) 5:30-6:00	NEW! Tween Fitness Dance (7-13 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* (3-7 years old) 9:00-10:25	\$ Tumbling - Minis (3-5 years old) 11:30-12:10	\$ Youth Gymnastics (5-7 years old) 12:15-12:55			
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		NEW! \$ Minis Flag Football (3-5 years old) 10:00-11:25				

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 3-5 years old. The following 40 minutes class is for 5-7 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 7-9 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.

**STROLLER WORKOUT – 3 WEEKS–3 YRS.** Get ready for a great all over body workout! This class incorporates cardio, strength training for arms and legs, and focused abdominal work, and baby comes along in the stroller! We add some fun for baby through songs and movement. All fitness levels are welcome. Age: For moms 6 weeks after delivery or cleared by their Dr for exercise, and with baby up to 3 years old. Bring a water bottle, stroller, baby carrier and a yoga mat. We meet at the Gym. Register at front desk.

**YOGA FAMILY – TODDLER AND UP.** Enjoy family time while gaining strength and flexibility. Parent must be in class with child.

**\$ TUMBLING MINIS – 3-5 YRS.** Preschoolers, ages 3 to 5, develop motor skills, body awareness and build strength in a fun and structured environment. Learn a variety of beginner tumbling skills including forward and backward rolls, bridges, back and front walk overs and handstands. Fees apply. Register at front desk.

**\$ MINIS FLAG FOOTBALL – 3-5 YRS.** This is the perfect introduction to the sport for ages 3 to 5! It is an instructional and recreational 8-class youth flag football program designed for preschoolers to have fun while learning rules and skills of the game. Flag football means there is no contact or tackling. Kids practice the fundamentals of flag football like catching, passing, defense and offense and in most cases, going the right way down the field through fun drills and games. The focus in this program is on inclusion, teamwork, sportsmanship and building confidence. Minis do not play official games or keep score, it is all about fun and learning! Practices with scrimmages are held once per week. Each player gets a YMCA uniform top to wear on and off the field. Fees apply. Register at front desk.

**\$ CREATIVE MOVEMENT – 3-5 YRS.** Explore the world of movement, dance and music in a fun, group environment! Build a foundation for future movement-related experiences like dance and sports through the development of creativity, coordination and spatial awareness. Fees apply. Register at front desk.

**\$ YOUTH BALLET – 3-7 YRS.** Preschool ballet, for ages 3 to 5, inspires a love for dance, music and movement. Dancers will practice basic ballet movements and combinations in a fun group environment. Instructors help dancers learn body awareness, practice coordination and footwork, and build confidence. Students in the 5-7 age range will learn the basic techniques of ballet, focusing on floor and barre work, and begin to use ballet vocabulary. As in the younger group class, instructors encourage the awareness of movement and line and help dancers build balance, grace, poise and confidence. Fees apply. Register at front desk.

**\$ YOUTH GYMNASTICS – 5-7 YRS.** Learn to do amazing things with your body! Explore movement, build strength and flexibility and develop balance, spatial awareness and coordination in a structured environment. This class utilizes a balance beam, trampoline or other gymnastic apparatuses. Fees apply. Register at front desk.

**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.

**TWEEN FITNESS DANCE – 7-13 YRS.** Class for tweens, ages 7-13. Get ready to dance, shout, and laugh to different styles of music! Move to the beat, cheer each other on, and explore different ways to move and have fun!

**\$ KARATE-YOUTH – 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.

**\$ 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 September 23. Games are played on Saturdays beginning October 19. There will be a total of 9 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.

**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.

**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!

**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.

### 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.*