



# SNOQUALMIE VALLEY GYM SCHEDULE

**NOVEMBER  
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY**	FRIDAY	SATURDAY
CLOSED	6:00-7:45AM BASKETBALL- ALL AGES	6:00-9:30AM BASKETBALL- ALL AGES	6:00-7:45AM BASKETBALL - ALL AGES	6:00-9:30AM BASKETBALL - ALL AGES	6:00-7:45AM BASKETBALL - ALL AGES	CLOSED
	8:00-10:00AM FAMILY BASKETBALL		8:00-9:00AM BARBELL PUMP DIANA		8:00-9:00AM BARBELL PUMP DIANA	8:00-9:00AM BARBELL PUMP DIANA
	9:15-10:00AM ZUMBA® GOLD DIANA		9:15-10:00AM ZUMBA® GOLD DIANA		9:15-10:00AM OPEN GYM - ALL AGES	9:15-10:15AM LES MILLS BODYPUMP LAURA
10:00AM-12:00PM OPEN GYM - FAMILY	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA	9:45-10:45AM BARRE AMY	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA	9:45-10:45AM BARRE AMY	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA	10:30AM-1:00PM FAMILY VOLLEYBALL
	11:30AM-2:30PM BASKETBALL (11/7, 11/21)	11:00AM-12:00PM ZUMBA® AMY		11:00AM-12:00PM ZUMBA® AMY	11:30AM-1:00PM BASKETBALL- ALL AGES	
12:00-2:30PM GAME ON! BIRTHDAY PARTIES *\$	12:00-1:00PM RESERVED FOR NON-PROFIT GROUP (11/14, 11/28)	12:15-2:30PM PICKLEBALL - ALL AGES	11:30AM-2:30PM BASKETBALL- ALL AGES	12:15-2:30PM PICKLEBALL- ALL AGES		1:00-4:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL
	11:30AM-2:30PM BASKETBALL- ALL AGES (11/7, 11/21)					
2:30-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL	2:30-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL	2:30-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL	2:30-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL	2:30-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL	4:00-5:00PM OPEN GYM - ALL AGES	1:00-5:00PM COMMUNITY TEENS * (GRADES 5 - 12)  BASKETBALL
CLOSED	5:00-5:45PM SPORTS SAMPLER- MINIS *\$	5:30-6:30PM INDOOR SOCCER SKILLS ACADEMY-ROOKIES *\$	5:00-9:00PM ADULT BASKETBALL (AGE 16+)	5:00-9:00PM ADULT BASKETBALL (AGE 16+)	5:00-7:45PM VOLLEYBALL- ALL AGES	CLOSED
	6:00-9:00PM ADULT BASKETBALL (AGE 16+)	6:45-9:00PM FAMILY BASKETBALL				

\$ FEE BASED PROGRAM  
 \* REGISTRATION REQUIRED  
 \*\* THURSDAY, 11/24, THANKSGIVING DAY HOURS, 7:00-11:00 AM, KIDS ZONE CLOSED  
 \* SEE BACK PAGE FOR GUIDLINE & POLICY



# SNOQUALMIE VALLEY YMCA GYM DESCRIPTIONS

## BASKETBALL

### BASKETBALL - ADULT (AGE 16+)

Enjoy friendly competition and practice your basketball skills with other players.

### BASKETBALL - ALL AGES

Practice your basketball skills and enjoy some friendly competition.

### BASKETBALL - FAMILY

Enjoy some family fun and practice your basketball skills together.

### COMMUNITY TEENS - BASKETBALL ♦ (GRADES 5 - 12)

Community Teens - Basketball are scheduled the following hours. Capacity may be limited, and is available first come, first served. Outside of Community Teens - Basketball dedicated hours will required a YMCA Facility Membership.

**SUNDAY - THURSDAY:** 2:30 - 5:00 PM

**FRIDAY:** 1:00 - 4:00 PM

**SATURDAY:** 1:00 - 5:00 PM

### ♦ GUIDELINE & POLICY FOR COMMUNITY TEENS - BASKETBALL:

YMCA account (not membership) required for participation for waiver purposes. Participants are urged to create account online before attending free Community Teens - Basketball. YMCA of Greater Seattle Online Portal ([activecommunities.com](http://activecommunities.com)).

Please bring photo ID for age 16 and older.

Outside of Community Teens dedicated hours, all youth ages 10-13 must be accompanied by a supervising individual that is defined as a registered caregiver, guardian, or family member that is age 14 or older, in any space in the facility.

## OPEN GYM

### OPEN GYM - ALL AGES

Free time in the gym. Members are welcome on a first-come, first-serve basis.

### OPEN GYM - 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!

## PICKLEBALL

### PICKLEBALL - ALL AGES

Practice your pickleball skills and enjoy some friendly competition.

## VOLLEYBALL

### VOLLEYBALL - ALL AGES

Practice your volleyball skills and enjoy some friendly competition.

### VOLLEYBALL - FAMILY

Enjoy some family fun and practice your volleyball skills together.

Basketball - Adult, All Ages & Family, Open Gym, Volleyball & Pickleball are FREE with your YMCA Facility Membership. Capacity may be limited, and is available first come, first served.

For more information on YMCA facility membership, please contact Diana Reul at [dreul@seattleyymca.org](mailto:dreul@seattleyymca.org).