



# SNOQUALMIE VALLEY GYM SCHEDULE

**MARCH  
2023**

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	
10:00AM-12:00PM OPEN GYM - FAMILY	9:15-10:00AM ZUMBA® GOLD DIANA	9:45-10:45AM BARRE AMY	9:15-10:00AM ZUMBA® GOLD DIANA	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA	9:15-10:00AM OPEN GYM- ALL AGES	9:15-10:15AM LES MILLS BODYPUMP LAURA
	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA		10:15-11:15AM AOA - CARDIO & STRENGTH DIANA		9:45-10:45AM LES MILLS BODYPUMP AMY	10:15-11:15AM AOA - CARDIO & STRENGTH DIANA
12:00-2:30PM BIRTHDAY PARTY - GAME ON *\$	11:30AM-2:30PM BASKETBALL-ALL AGES (3/13, 3/27)	11:00AM-12:00PM ZUMBA® AMY	11:30AM-2:30PM BASKETBALL-ALL AGES	11:00AM-12:00PM ZUMBA® AMY	11:30AM-5:00PM COMMUNITY TEENS ♦ (GRADES 5 - 12)  BASKETBALL	1:00-5:00PM COMMUNITY TEENS ♦ (GRADES 5 - 12)  BASKETBALL
	12:00-1:00PM RESERVED FOR NON-PROFIT GROUP (3/20)					
2:30-5:00PM COMMUNITY TEENS ♦ (GRADES 5 - 12)  BASKETBALL	11:30AM-5:00PM COMMUNITY TEENS ♦ BASKETBALL (3/6)  2:30-5:00PM COMMUNITY TEENS ♦ (GRADES 5 - 12) BASKETBALL (3/13, 3/20, 3/27)	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	5:00-8:00PM ADULT BASKETBALL (AGE 16+)  NO BASKETBALL ON 3/24	CLOSED
	5:30-6:30PM SPORTS SAMPLER *\$ (3/6-5/1)					
CLOSED	6:45-9:00PM ADULT BASKETBALL (AGE 16+)	5:00-9:00PM FAMILY BASKETBALL	7:00-8:45PM PICKLEBALL - ALL AGES	5:00-9:00PM ADULT BASKETBALL (AGE 16+)	6:00-8:00PM TWEEN TAKEOVER * (3/24)	CLOSED

♦ SEE BACK PAGE FOR GUIDELINE & POLICY

\* REGISTRATION REQUIRED

\$ FEE BASED PROGRAM



# SNOQUALMIE VALLEY YMCA GYM DESCRIPTIONS

## BADMINTON

### BADMINTON - ALL AGES

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

## 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

**MONDAY:** 11:30AM - 5:00 PM (3/6)

**FRIDAY:** 11:30AM - 5:00 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!

## PARTIES

### BIRTHDAY PARTY - GAME ON! \*\$

Birthday party sports and games galore! Kids play their sport or gym game of choice under the coaching of our skilled hosts. When players finish their games, they'll head to the party room for gifts and dessert.

## PICKLEBALL

### PICKLEBALL - ALL AGES

Practice your pickleball skills and enjoy some friendly competition.

## TWEEN

### TWEEN TAKEOVER\*

Calling all tweens, ages 8 to 13, to take over the Y! Play group games, get creative with a craft, test your minds and bodies with fun challenges, and meet new friends. Don't forget your sneakers for the cardio room.

## YOUTH SPORT PROGRAM

### SPORTS SAMPLER\*\$

Sports Sampler is the perfect introduction to team sports! In this program, we will feature a new sport each week, teaching basic skills and components through a variety of fun drills and games. Instructors will focus on building teamwork, body control, and hand-eye coordination.

### YOUTH OUTDOOR SOCCER PROGRAM-KINDERS\*\$

Kinders soccer is an instructional and recreational 8-class youth outdoor soccer program designed for kindergarteners, ages 5 and 6 years, to have fun while learning rules and skills of the game. Kids practice the fundamentals of soccer like dribbling, shooting, passing 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. Kinders do not play official games or keep score, it is all about fun and learning! This program is co-ed and led by Y staff. This program requires family involvement to help encourage the most fun and participation. Classes with scrimmages are held once per week. Each player gets a Y top to wear on and off the field.

## VOLLEYBALL

### 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).