the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

Updated October 1, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-4:00pm OPEN GYM	5:00-9:00am OPEN GYM	5:00-6:00am Pickup Basketball	5:00-9:00am OPEN GYM	5:00-4:00pm OPEN GYM	9:00-11:00am Specialty Skills Clinic Court 1	10:00-12:00pm Birthday Parties
		6:00-9:00am OPEN GYM				
	9:30-10:30am Pickle Ball Court 1		9:30-10:30am Pickle ball Court 1		10:30-11:30am ACT! (Spanish) Court 2 (Begins Sep 17)	12:30-2:30pm Birthday Parties
	9:30-10:30am OPEN GYM Court 2	9:00-12:00pm Play & Learn Nancy	9:30-10:30am OPEN GYM Court 2			
	10:30-4:00pm OPEN GYM	12:00-4:00pm OPEN GYM	10:30-4:00pm OPEN GYM		11:30-5:30pm OPEN GYM Court 1	2:45-5:30pm OPEN GYM Court 1 Birthday Parties Court 2
4:00-5:15pm Court 1: Family Gym Court 2: Open Gym	4:00-5:15pm Court 1: Family Gym Court 2: Open Gym	4:00-5:15pm Court 1: Family Gym Court 2: Open Gym	4:00-5:30pm Court 1: Family Gym Court 2: Open Gym	4:00-5:00pm Court 1: Family Gym Court 2: Open Gym		
5:30-9:30pm Pickup Basketball (Ages 14-17) Court 1 Adult Pickup Basket-ball (Ages 18+) Court 2			6:00-7:00pm ACT! (English) Court 1		11:30-5:30pm Birthday Parties Court 2	
	5:30-9:30pm Adult Pickup Basketball (Ages 18+) Court 1 Pickup Basketball (Ages 14-17) Court 2	5:30-9:30pm OPEN GYM Court 1 Adult Pickup Basketball (Ages 18+) Court 2	6:45-7:45pm Fit Kids Sean Court 2	5:00-9:30pm Pickup Basketball Court 1 OPEN GYM Court 2		
			8:00-9:30pm Adult Pickup Basketball (Ages 18+) Court 1 Pickup Basketball (Ages 14-17) Court 2			**Important Dates** GYM CLOSED Oct 7, 2016 Y Metro Center 10:00-2:00pm

MATT GRIFFIN YMCA
3595 S. 188th St., SeaTac, WA 98188
P 206 244 5880 **F** 206 244 5881 mattgriffinymca.org

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.**

DESCRIPTIONS

ACT!
12 week program for youth 8-14 years (≥85th percentile or higher of body mass index) and their parents promoting healthy nutrition, activity and lifestyles developed in partnership with providers and professionals at Seattle Children's Hospital and the Y of Greater Seattle. Contact Megan Schlaud for more information, mschlaud@seattleymca.org

ADULT PICKUP BASKETBALL (18+)
This is structured and supervised time in the gym that allows priority for basketball players 18 years of age and older. Y staff maintain a player sign-up sheet and keep score of games. Half Court.

BIRTHDAY PARTIES
Celebrate with us by hosting a memorable, fun-filled party at the Y! Choose a theme and our party hosts will take it from there. Contact front desk for more information.

FIT KIDS
While you're increasing your heart rate, your kids can play, release energy and make new friends in a supervised, caring environment—all free with your Y family membership.

OPEN GYM | FAMILY GYM
Unstructured and unsupervised time in the gym. All members are welcome to use the gym on a first-come, first-serve basis. Members may request volleyball nets upon availability.

PICKLEBALL
This is semi-structured but unsupervised time in the gym dedicated to pickle ball. Pickle ball nets are set-up upon request. All members are welcome to use the gymnasium for pickle ball on a first-come-first-served basis. Half court.

PICKUP BASKETBALL (AGES 14-16)
This is structured and supervised time in the gym that allows priority for basketball players between the ages of 14-16 years old. Y staff maintain a player sign-up sheet and keep score of games. Half Court.

SPECIALTY SKILLS CLINIC
This programs brings together kids with and without disabilities to participate in sports in a fun and informal setting. The emphasis is on increasing skills, team building, and enjoying physical activity.

Facility Members Fee: $15/season
Program Members Fee: $25/season

CONTACT INFORMATION

SANDERS ROBINSON, LEAD MEMBER ENGAGEMENT REP

206 244 5880 or srobinson@SEATTLEYMCA.ORG

RULES

AGE GUIDELINES

- Members under 8 years of age must be supervised by a guardian. Members between the ages of 8-9 do not need supervision in the gymnasium, but must have a guardian present in the building. Members between the ages of 10-17 do not need supervision, nor a guardian in the building.
- During Adult Pick-Up basketball, only players 18 and older are permitted to play.
- During Pick-Up Basketball only players 14-16 are permitted to play.
- Children under the age of 12 are not allowed in the gym during Adult and Pick-Up Basketball times.

GENERAL RULES

- Members may not place their personal belongings in the gymnasium.
- Members may not dunk on the basketball hoops.
- Members must wear proper attire, including athletic shoes.

BALL CHECK-OUT

- Basketballs and volleyballs are available for check-out from the Member Service Desk. Members must provide their membership card or an identification card in exchange for a ball.

YMCA CODE OF CONDUCT

- Individuals are expected to:
  - Uphold YMCA core values of respect, responsibility, honest & caring
  - Provide an atmosphere free of derogatory or unwelcome comments, conduct or actions of sexual nature, or actions based on an individuals sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status
  - Be respectful and cooperative with Y staff and members.

- The following will NOT be tolerated in Y facilities or programs:
  - Abusive, harassing, and/or obscene language or gestures
  - Threats of harm, physical aggression, or violent acts
  - Weapons of any kind
  - Smoking
  - Damaging or defacing Y property
  - Possession, sale, use or being under the influence of alcohol or illegal drugs.
  - Offensive and unlawful conduct
  - Gambling

Individuals who experience or observe inappropriate conduct are encouraged to promptly report their concern to Y staff.

Failure to follow this code of conduct will result in disciplinary actions, which may include immediate eviction from the premises, loss of privileges, and suspension or expulsion. The Y may contact security, police or other authorities for assistance or to take appropriate legal action.