

# RECREATION



## ADULT, YOUTH, AND FAMILY RECREATION

Active fun at the Y isn't just for the kids! Whether your favorite sport is Volleyball, Basketball or Indoor Soccer, we have the calendar cleared just for you!

### VOLLEYBALL (16+)

Competitive Play -Tuesdays from 7:30pm - 10:00pm

Facility Member: FREE  
Community Member: Drop in fees apply

### BASKETBALL (16+)

Monday Nights from 8:15pm - 10:00pm  
Thursday Nights from 8:00pm - 10:00pm  
Saturdays Mornings from 7:00am - 8:00am

Facility Member: FREE  
Community Member: Drop in fees apply

### OPEN GYM AND FAMILY GYM (ALL AGES)

Play as you will! Visit the Y for over 35 hours per week of open gym free time.

See Gym schedule for open gym times or call Membership Services at 425 256 3115

Facility Member: FREE  
Community Member: Drop in fees apply

### ROOKIE SPORTS

Your child learns age-appropriate sports skills with an emphasis on teamwork, sportsmanship and fun. Sessions are broken up into practice and actual game times. Sports rotate seasonally between soccer (fall), basketball (winter), flag football (spring) and T-ball (summer).

Open to ages 3 to 6

Ages 3-4 Saturdays 11:00am - 12:00pm  
Ages 5-6 Saturdays 12:00pm - 1:00pm

Facility Member: \$47/child  
Non-Member: \$83.50 /child

### ITTY BITTY SPORTS

Our Itty Bitty Sports program focuses on skill development and learning the basics of the sports. Program does not include formal game time. Sports rotate seasonally between a multi-sport sampler (fall), soccer (winter) and basketball (spring).

Open to ages 3 to 6

Wednesdays 1:00m - 2:00pm

Facility Member: \$37.50/child  
Non-Member: \$66/child

### RUNNING GROUPS (14+)

The Y offers seasonal running groups including all-level and race distance specific groups. Groups are offered 1-2x/year in the summer/fall seasons.

Facility Member: FREE  
Community Member: Drop in fees apply