



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE FALL 2016

WEST SEATTLE YMCA

Revised September 21, 2016

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
5:30														
6:00			Adult Bball 5:30 - 7:30				Adult Bball 5:30 - 7:30							
6:30	Open 5:30 - 7:45								Open 5:30 - 7:45					
7:00												Adult Bball 7:00 - 8:00		
7:30														
8:00	Class 8:00 - 9:00								Class 8:00 - 8:45					
8:30														
9:00														Facility Opens at 10:00am
9:30														
10:00													Open 10:00 - 10:45	
10:30														
11:00														
11:30														
12:00		Cardio & Strength Training Equipment												
12:30			Open 7:30 - 5:45	Cardio & Strength Training Equipment			Open 7:30 - 5:45							
1:00									Open 9:00 - 5:30					
1:30	Open 9:15 - 6:15				Open 5:30 - 9:45									
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30														
6:00														
6:30	Class 6:30 - 7:30		Class 6:00 - 8:00				Class 6:00 - 7:00							
7:00									Family Events 6:00 - 8:00					Open 6:00 - 7:45
7:30														
8:00	Adult Bball 7:45 - 9:45						Adult Bball 7:15 - 9:00							
8:30			Open 8:15 - 9:45											
9:00							Open 9:00 - 9:45		Open 8:30 - 9:45					
10:00														Facility Closes at 8:00pm

GYMNASIUM RULES

- **Schedule may change without notice due to special events, training, maintenance or class needs.**
- Members under 8 years of age must be directly supervised by a guardian. Members between the ages of 8 to 10 do not need direct supervision in the gymnasium, but must have a guardian age 18 or older present in the building.
- Basketballs, volleyballs and other equipment may be checked out from Service Center. Members must provide their membership card, identification card or locker key in exchange for equipment.
- Gymnasium closes 15 minutes before the rest of the facility closes.
- When gymnasium is unoccupied by designated use, the gym reverts to open use.

DESCRIPTIONS

OPEN GYM

This is unstructured and unsupervised time in the gym. All members are welcome to use the gymnasium on a first-come-first served basis. When gymnasium is unoccupied by designated use, the gym reverts to open use.

*** Open Gym Exceptions:**

- On the second Saturday of each month, the gymnasium closes at 4:30pm for Parents Night Out.
- On the third Saturday of each month, the gymnasium is reserved for our Parents Afternoon Out program from 12:30 to 5:30pm.

ADULT BASKETBALL

This is structured time in the gym that allows priority for basketball for adults ages 18 and older. Members ages 14 to 17 may participate as deemed appropriate by Y staff. All players must follow posted rules. No slam dunking, hanging on the rim or hanging on the net. Use basketball game sign up sheet when needed.

BIRTHDAY PARTIES

During this time, the gymnasium is reserved for birthday parties. If you like to learn more about hosting your child's birthday party at the Y, as the front desk!

CLASS

During this time, a group exercise class will be held in the gym. See our group exercise schedule for details on classes.

FAMILY EVENTS

On Friday evenings, the west side of the gymnasium is reserved for family events from 5:30 to 8:30pm. To learn more about these events, please see the Family Programs brochure. When gymnasium is not occupied by a Family Event, it will revert to open use.

KIDS GYM - CAMP LEGION

Ages 4 to 9 years. While you're increasing your heart rate, your kids can play, release some energy and make new friends in a supervised, caring environment - all free with your Y family membership. Your kids will have fun with age-appropriate toys, games and activities. Children may be checked in for up to two hours and parent/guardian must remain at the Y.

CARDIO & STRENGTH TRAINING EQUIPMENT

While our West Seattle facility is under construction, our cardio and strength training equipment will be housed on the east side of the gymnasium.