



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

March 2018
Updated January 15

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
YMCA Closed		Open Gym 5-7:45 am	Basketball Ages 18+ 5-7 am	Open Gym 5-7:45 am	Basketball Ages 18+ 5-7 am	Open Gym 5-8:45 am	YMCA Closed	
		Silver Fitness Fusion 8-8:45 am	Open Gym 7-9:15 am		Silver Fitness Fusion 8-8:45 am		Functional Fitness 8:30-9:15 am	Open Gym 7-8:45 am
		SilverSneakers® Classic 9-9:45 am	Fit Forever 9:30-10:30 am	SilverSneakers® Classic 9-9:45 am	Zumba® Gold 9:30-10:30 am		SilverSneakers® Circuit 9-9:45 am	
Half-Court Open Gym Ages 14+ (West) 10 am-3 pm	Half-Court Open Gym Families & Under 14 (East) 10 am-3 pm	\$ Building Blocks 10:30 am-12:30 pm	SilverSneakers® Circuit 11-11:45 am	Play Time 10:30 am-12 pm	SilverSneakers® Classic 11-11:45 am	Open Gym 10:15 am-12	\$ Youth Sports* 8:45 am-5:15 pm	
		Open Gym 12:30-4:30 pm	\$ Homeschool 12:30-2:30 pm	Pickleball 12-2 pm	\$ Homeschool 12:30-2:30 pm	Pickleball 12-2 pm		
Open Gym 3-5:45 pm			Open Gym 2-4:30 pm	Open Gym 2-4:30 pm	Open Gym 2-4:30 pm	Open Gym 2-4:30 pm		
YMCA Closed		Open Gym (West) 4:30-8 pm	\$ Youth Sports (East) 4:30-8 pm	Open Gym (West) 4:30-8 pm	\$ Youth Sports (East) 4:30-8 pm	\$ Youth Sports 4:30-8 pm	\$ Youth Sports (East) 4:30-8 pm	
		Open Gym 8-8:30 pm	Half-Court Open Gym (West) 8:15-9:45 pm	Half Court B-Ball (East) 8:15-9:45 pm	Volley ball (West) 8-9:45 pm (Inter/Adv.)	Volley ball (East) 8-9:45 pm (Rec/Beg.)	Half-Court Open Gym (West) 8:15-9:45 pm	Half Court B-Ball (East) 8:15-9:45 pm
		Full Court Basketball Age 14+ 8:30-9:45 pm						
						\$ Date Night 7-8 pm (First Friday of the month)	YMCA Closed	
						Full Court Basketball Age 14+ 8:30-9:45 pm		

+ Denotes a class or program that is free for Facility Members and requires pre-registration.
\$ Denotes a class or program that requires a fee and pre-registration.

YMCA OF SNOHOMISH COUNTY

Mill Creek Family Branch
13723 Puget Park Drive, Everett, WA 98208
P 425 337 0123 www.ymca-snoc.org/millcreek

The Y is for everyone. Financial assistance is available.

* Program Member must pay annual program membership fee of \$25 per individual or \$50 per family to participate. Please see the program guide or visit our website for details.



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GYM GUIDELINES

Food and Beverages: No food or drink, other than water, is permitted in the gym.

Open Gym and Transition Time: When a class or activity is not in session, it is considered Open Gym. No one person or group has exclusive or implied use of the gym in whole or in part. Please respect the times given on this schedule, which allow for transition time between classes and activities. Thank you for your cooperation.

YMCA Use: The Y reserves the right to use the gym for Y events with or without notice, although we strive to provide at least one week's notice.

PROGRAM/CLASS DESCRIPTIONS RUN IN THE GYM

These classes are drop-in and free to Facility Members and those with a Day Pass. See room schedules for open room availability.

Basketball Ages 18+: Full Court Basketball games allowed for ages 18 and up.

Fit Forever: Energetic class for active older adults and younger beginning exercisers; a variety of physical activities including low impact aerobics, strength training, dance, and circuit training.

Full Court Basketball: Full Court Basketball games allowed for ages 14 and up.

Functional Strength: This class is designed to improve balance, movement, strength, and stamina for daily lives. We will use a combination of weights and bands to learn how to move pain free while getting stronger.

Half Court Basketball: Half of the gym is available for a half-court game.

Play Time: Is for children ages 16 months-5 years old with Parent or Guardian. Join us to burn off some energy with your little ones. Our instructor encourages fun games and will bring toys out for the children to play with. Parents/Guardians must stay in the gym during this hour of supervised free play.

SilverSneakers® Classic: Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Circuit: Fitness that increases your cardiovascular and muscular endurance power. Upper body strength work with various equipment is alternated with non-impact aerobic choreography. A chair is available for support.

Volleyball: All levels are welcome; beginners or recreational players are on one side of the gym and intermediate, advanced or competitive players on the other side.

Zumba® Gold: Designed for active older adults or the true beginner. This class will address the anatomical,

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