



HASELWOOD FAMILY YMCA | 360-698-YMCA

Monday-Thursday: 4:30am-10pm

Friday: 4:30am-9pm

Saturday: 6:30am-8:30pm

Sunday: 9am-5pm

GYMNASIUM

EFFECTIVE THROUGH March 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-6am Open Gym	4:30-9:30am Open Gym	4:30-5:30am Open Gym	4:30-9:30am Open Gym	4:30-6am Open Gym	6:30am-8am Open Gym	
6-9:30am Adult Drop In Basketball		5:30-7:30am Adult Drop In Basketball		6-9:30am Adult Drop In Basketball		
9:45-10:45am Low Impact Senior Strength *Full Gym when school is in session *1/2 Gym ONLY during non school days	9:45-10:30am Low Impact Cardio *Full Gym when school is in session *1/2 Gym ONLY during non school days	9:45-10:45am Low Impact Senior Strength *Full Gym when school is in session *1/2 Gym ONLY during non school days	9:45-10:30am Low Impact Cardio *Full Gym when school is in session *1/2 Gym ONLY during non school days	9:45-10:45am Low Impact Senior Strength *Full Gym when school is in session *1/2 Gym ONLY during non school days	8-11am Adult Drop In Pickle Ball Full Gym	9-11am Adult Drop In Pickle Ball Full Gym
	10:35-11am Open Gym		10:35-11am Open Gym			
11am-12:50pm Adult Drop In Basketball	11am-12:50pm Adult Drop In Basketball	11am-12:50pm Adult Drop In Basketball	11-12:50pm Adult Drop In Basketball	11-12:50pm Adult Drop In Basketball	11am-8:30pm Open Gym Full Gym	11am-1pm Adult Drop In Pickle Ball 1/2 Gym
1-3pm Adult Drop In Pickle Ball *1/2 Gym ONLY during non school days	1-3pm Adult Drop In Pickle Ball *1/2 Gym ONLY during non school days	1-3pm Homeschool PE Age 6-12	1-3pm Open Gym	1-3pm Homeschool PE Age 6-12		
3-5:15pm Youth Gym 8-16 YRS	3-4:30pm Youth Gym 8-16 YRS	3-5:15pm Youth Gym 8-16 YRS	3-4:30pm Youth Gym 8-16 YRS	3-5pm Youth Gym 8-16 YRS		1-8pm Open Gym 1/2 Gym
						3-5pm Comp. TWD
5:30-6:30pm R.I.P.P.E.D.	5-6pm Open Gym	5:30-6:30pm R.I.P.P.E.D.	5-6pm Open Gym	5-7:30PM Adult Drop In Pickle ball Full Gym		
6:30-9:45pm Adult Drop In Volleyball	6:15-7:15pm Zumba	6:30-9:45pm Adult Drop In Volleyball	6:15-7:15pm Insanity	7:30-8:45pm Open Gym		
	6:30-9:45pm Adult Drop In Basketball		6:15-7pm Sports Mix 7-12 YRS		6:15-7pm Sports Mix 7-12 YRS	
	7:15-9:45pm Open Gym		7:15-9:45pm Open Gym			
	7-9:45pm Adult Drop In Basketball		7-9:45pm Adult Drop In Basketball			

REGISTERED PROGRAM

Spring 1 Session:
April 5—May 9

Spring 2 Registration:
May 10— May 13

Spring 2 Session:
May 17—June 20

***Week of March 30—April 3 from 8:30-6pm all programming will be Half Gym due to Spring Break Camp.**

CLASS DESCRIPTIONS

ADULT DROP-IN BASKETBALL	Hoop it up with other adults in open-run basketball. (Age 15 and older)
ADULT DROP-IN PICKLEBALL	Join a drop-in game of pickle ball for friendly competition in a supportive environment. (Age 15 and older)
ADULT DROP-IN VOLLEYBALL	Join a drop-in game of volleyball for friendly competition in a supportive environment. (Age 15 and older)
BOOT CAMP	Boot camp style circuits in this fast-paced class will include agility, strength, and cardio segments. This class may be offered outside, weather permitting.
FITNESS FUN	Ages 7-12: Kids of all fitness levels get active and make friends through fun and exercise. With a focus on fitness, activities improve cardio, resistance training, and agility through structured exercise and games. This class will be offered two days a week.
HOMESCHOOL PE	Age appropriate skill development drills teach general fitness, sports, balance, teamwork, and more. Open to all homeschooled children during the school year and included in your YMCA membership.
KICKBOXING/MUSCLE TONING	High-energy class utilizing punches, kicks, and intervals with cardiovascular emphasis set to music. Strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and resistance balls. This is a total upper and lower body conditioning class.
LOW IMPACT CARDIO	This class is low on impact, which minimizes muscular and joint stress, but is high in energy and muscular endurance. Suitable for the beginner as well as the active participant.
MIXXEDFIT@	People inspired dance fitness program that is a blend of explosive dancing and boot camp inspired toning. Come dance to your favorite songs, and then spice it up.
OPEN GYM	Gym is available for various fitness activities excluding those that require nets.
PICKLEBALL	Want to play pickle ball but don't have anyone to play with? Come join up with other members who want to play, too.
RACQUETBALL	Court 2 is racquetball only. Court 1 will be set for racquetball use but can be converted to a squash court upon request. Please ask gym supervisor or Welcome Center staff for assistance in court conversion. (Reserve racquetball courts up to 24 hours in advance online or at the Welcome Center. Open courts may be used on a first come, first served basis if not reserved. Eye protection is STRONGLY encouraged.)
R.I.P.P.E.D.	Maintain fitness in this high-intensity program that utilizes free weights, resistance, and body weight and combines each of its components in ways that are fun, safe, and effective.
SPORTS MIX	Ages 7-12: Experience a variety of traditional sports and playground style games through warm ups, skills, drills, and scrimmages. This class will be offered two days a week.
SPORTS SKILLS	Ages 7-12: Participants learn, practice, and develop skills in one particular sport each session. This class builds off skills taught in preschool classes and progress as the session continues. This class will be offered two days a week.
TEEN GYM	Teens have the opportunity to have use of the gym to play basketball. (Age 12-16). No instructor.
PERFORMANCE CHEER TEAM	Youth have the time to learn about cheer, tumbling, jumping and teamwork in this fun team sport. (Registered program, instructor led)
YOUTH GYM	Youth have the opportunity to play group games. Activities include dodgeball, basketball, volleyball, indoor soccer, and team building activities. (Age 8-16). No instructor.
ZUMBA	A Latin-inspired dance aerobic workout fueled by International Music.

OUR MISSION: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.