

# Youth Programs

## Kids Night Out: Mother's Day

Bring your kids to enjoy a fun night out with us! We will have some crafts, games, pizza and a movie. Enjoy your night out to celebrate Mother's Day.

**Date:** May 9

**Time:** 5:30–9:30pm

**Ages:** 18 mo. – 5 yrs, Kids Club  
6–11, Upstairs in the Gym

**Fees:** \$30 + tax Member/\$45 + tax Non-member

## Kids Yoga

Yoga help kids with body awareness, manage stress, build concentration and increase their confidence and positive self-image. Bring the kids for a playful 45 minute session starting this September.

**Date:** Tuesdays

**Time:** 4:30–5:15pm

**Ages:** 4–10

**Fees:** Free for Members (per class)  
\$18 + tax Non-member (per class)

Enroll on our member portal or by calling the front desk. Class will be limited in size.

## Kids Fit

Staff will organize a wide variety of gym games like four corners, hopscotch, jump roping, fire in the forest with pool noodles, lots of running games and activities to keep the kids moving while social distancing! This activity is for Members only!

**Date:** Mondays and Wednesdays

**Time:** 5:30–6:30pm

**Ages:** 5–11

**Fees:** Free for Members

## Saturday Basketball Training with Coach Brandon

Coach Brandon runs Youth Basketball clinics on Saturdays. These small group sessions are designed to improve skills at game speed and open to girls and boys of all ages and abilities. Each session will run for 4 weeks. Registration on our website.

**Dates:** April 26–May 17 & May 24–June 14

**Times:** 12–1pm

**Ages:** 5–12

**Fees:** \$200 + tax Member  
\$240 + tax Non-member

## Indoor Soccer Youth Training

We are excited to partner with B&B Training Solutions to offer youth indoor soccer training led by Coach Madison Douglas—a current player for a Seattle Sounders-affiliated minor league team and former University of Washington athlete.

These Saturday training sessions are open to athletes from 1st through 6th grade and are designed to improve skills at game speed in a fun and structured environment. Whether your child is a beginner or an experienced player, this program will help them develop their technique, confidence, and overall game performance.

Coach Madison brings years of high-level playing experience and a passion for fostering a positive physical, emotional, and mental experience for every athlete. Each session is 60 minutes long, running in 4-week cycles, providing players with ongoing opportunities for skill development and growth.

Join us for an engaging indoor soccer experience where players can learn, compete, and thrive!

**Dates:** April 26–May 17 & May 24–June 14

**Times:** 1–2pm

**Ages:** 1st–6th grade

**Fees:** \$200 + tax Member  
\$240 + tax Non-member

## Babysitting Class

Prepare for the world of babysitting! Participants will receive an introduction to essential childcare, safety, and first aid for infants and children. They'll also explore the developmental stages of infants through school-age children and create age-appropriate activities. Topics include health, nutrition; sleep patterns for different developmental ages, hands-on practice of the Heimlich maneuver and Epi-Pen use, and crafting a babysitting advertisement for their future business.

**Date:** June 20

**Time:** 4–7pm

**Ages:** 11–14

**Fees:** \$100 + tax Member  
\$145 + tax Non-member

