

# JUANITA BAY GYM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Adult Pickleball 9:00-11:00am						
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM		Adult Pickleball 1:00-3:00pm		Adult Pickleball 1:00-3:00pm			
2:00 PM							
3:00 PM							
4:00 PM	Adult Pick-Up Basketball 4:30-6:30pm	Swim n Gym 4:15-5:45pm (will be in pool from 4:30-5:15pm)	Adult Pick-Up Basketball 4:30-6:30pm	Swim n Gym 4:15-5:45pm (will be in pool from 4:30-5:15pm)	Adult Pick-Up Basketball 4:30-6:30pm		
5:00 PM							
6:00 PM						Adult Pick-Up Basketball 5:30-Close	
7:00 PM							
8:00 PM							
9:00 PM							



# JUANITA BAY GYM CLASS DESCRIPTIONS

## Adult Programs

### Adult Pickup Basketball

We offer self monitored Adult Pickup Basketball on our courts throughout the week. There is no need to sign up, just stop by and play!

### Pickleball

Come join your fellow members for an hour-and-a-half of Pickleball in the gymnasium! Pickleball is a racquet based sport similar to tennis and play can be singles or doubles. Club staff will set the net up and the Club will provide game rules, racquets and balls. Play is self-monitored, and there's no need to sign up just stop by and play!

## Youth Programs

### Swim 'N' Gym

Swim 'N' Gym - A favorite of CAC kids! We will head down to the family pool for some fun, free swim! We will then transition back up to the basketball court for tag games, sports, and organized play! Please have kids come with swimsuits on already under their clothing. Drop off and pick up are in the basketball court. Please register at the front desk.

**Time:** 4:15 – 5:45pm

**Days:** Tuesday and Thursday

**Ages:** 4 – 12

**Fee:** Complimentary with Family Membership,  
\$10+ tax Non-Member

## Other

The gymnasium may be reserved on weekends for Columbia Athletic Club birthday parties. Parties run Saturdays 2 to 4pm, or Sundays 12 to 2pm, 1 to 3pm or 2 to 4pm. Reservations for the weekend will be posted in the gymnasium one week prior. Please feel free to contact the front desk for birthday party reservations as well.

The gymnasium may also be used for youth camps from 9am to 3:30pm during school holidays, breaks, and teacher in-service days. Please note the current Lake Washington School District non-school days:

- Monday, November 11
- Thursday & Friday, November 28 & 29
- Monday, December 23 – Friday, December 27
- Monday, December 30 – Friday, January 3
- Monday, January 20
- Thursday, Friday, & Monday, February 13, 14, & 17
- Friday, March 13
- Monday, April 6 – Friday, April 10
- Friday, May 22

For more information about basketball court programming, contact our Programs Director, Bre Rubbo at [brer@columbiaathletic.com](mailto:brer@columbiaathletic.com).

