



# YOUTH & FAMILY SCHEDULE

APRIL-JUNE

| MONDAY                                   | TUESDAY  | WEDNESDAY                                   | THURSDAY                     | FRIDAY  | SATURDAY  | SUNDAY                      |
|--|--|---|------------------------------|---|---|-----------------------------|
| Adventure Zone<br>9:15-12:15             | Adventure Zone<br>9:15-12:15                                 | Adventure Zone<br>9:15-12:15                | Adventure Zone<br>9:15-12:15 | Adventure Zone<br>9:15-12:15                                    | Adventure Zone<br>8-12:30                             | Adventure Zone<br>9-12:30   |
| Kids Corner<br>9:15-12:15                | Kids Corner<br>9:15-12:15                                    | Kids Corner<br>9:15-12:15                   | Kids Corner<br>9:15-12:15    | Kids Corner<br>9:15-12:15                                       | Kids Corner<br>8-12:30                                | Kids Corner<br>9-12:30      |
|  |  |   |                              |   | Cardio Blast<br>Gym<br>(Tyrell) 8:30-9:30             |                             |
|  |  |   |                              |   | Family Zumba MP<br>(Elaine) 9:30-10:35                |                             |
|  | Preschool Story Time<br>Adventure Zone<br>(Gloria) 10-11     |   |                              | Family Swim<br>Pool 10:30-11:30                                 | Families Making a<br>Difference<br>(April 29 & Jun 9) |                             |
|  |  |   |                              |   | Family Swim<br>Pool 12-3:30                           | Family Swim<br>Pool 12-3:30 |
| Family Swim<br>Pool 1-2                  |  | Family Swim<br>Pool 1-2                     |                              | Family Swim<br>Pool 1-2   |   |                             |
| Family Swim<br>Pool 3-4                  | Family Swim<br>Pool 3-4                                      | Family Swim<br>Pool 3-4                     | Family Swim<br>Pool 3-4      | Family Swim<br>Pool 3-4   |   |                             |
| Adventure Zone<br>4-8:30                 | Adventure Zone<br>4-8:30                                     | Adventure Zone<br>4-8:30                    | Adventure Zone<br>4-8:30     | Adventure Zone<br>4-8:30  |   |                             |
| Kids Corner<br>4-8:30                    | Kids Corner<br>4-8:30  | Kids Corner<br>4-8:30                       | Kids Corner<br>4-8:30        | Kids Corner<br>4-8:30   |   |                             |
| Fitness Blast<br>Gym<br>(Jana) 4-5       | Youth Fitness<br>Training \$<br>Cascade Room<br>(Jana) 4-5   | Beginning Ballet \$<br>MP<br>(Holly) 4-4:45 |                              |   |   |                             |
| Cardio Blast<br>(Jen) Gym<br>5-5:45      | Youth Sport<br>Conditioning \$<br>Cascade Room<br>(Jana) 5-6 | Cardio Blast<br>(Jen) Gym<br>5-5:45         |                              | Parents Night Out \$<br>AZ 5:30-9:30<br>(First Friday of month) |   |                             |
| Itty Bitty Sports \$<br>Gym<br>(Jen) 6-7 |  | Itty Bitty Sports \$<br>Gym<br>(Jen) 6-7    |                              |   |   |                             |
| Family Swim<br>Pool 6:30-8:00            |  |   |                              | Family Swim<br>Pool 6:30-8:30                                   |   |                             |
|  |  |   |                              |   |   |                             |

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Group Cycling and Active Older Adults Schedules and Program Guides for other activities.

## YOUTH & FAMILY DESCRIPTIONS

**ADVENTURE ZONE & KIDS CORNER.** Let your child run around, play in Kids Corner and in the Adventure Zone, color, play dress-up, etc. while you get your workout. It's a win-win situation. Pretty soon your child will beg you to work out.

Ages 6 weeks to 9, free for family facility members, \$5 youth facility and program members

**BEGINNING BALLET.** Your shining star will gain body awareness, strength, grace and poise along with basic ballet techniques. Ballet training encourages awareness of movement and line, builds balance and confidence, and tones and strengthens the body.

Wednesday, October 5–December 21

Ages 4–5, \$95 facility members, \$170 program members

**BIRTHDAY PARTIES.** Looking for a fun and safe place for your child's next birthday party? Try Adventure Zone! Kids can play on the indoor play structure and on the mats or splash in the pool during family swim. The multi-purpose room is available for cake and activities.

Ages 1–11, \$135 facility members, \$160 program members

**CARDIO BLAST.** Full of creative ways to get kids moving, Cardio and Fitness Blast is a great place to make friends, play new games, and learn some pretty cool moves.

Ages 5 to 12, \$5 program members

**FAMILIES MAKING A DIFFERENCE.** Want to make a difference while spending time together as a family? We've got the details taken care of! You sign up, show up and we'll have you sharing your family love within our community.

2nd Saturday of the Month

Facility Members: FREE; Program Members: FREE

**FITNESS BLAST.** Strap on your tennis shoes and get ready for some fun! Taught by Youth Specialist, Jana Dunajska, the class includes warm up, cardio games, obstacle courses, strength exercises and stretching.

Ages 5 to 12, \$5 program members

**ITTY BITTY SPORTS.** This class introduces sports to young kids developing hand-eye and foot-eye coordination, and basic skill fundamentals while playing fun games and using age-appropriate equipment.

Monday and Wednesday, 4-week sessions

Ages 3–4 and Ages 5–6, \$30 facility members, \$53 program members

**PARENTS NIGHT OUT.** Enjoy an evening out! The YMCA offers evening activities for your children including dinner.

\$15.75 per child facility members. \$26.25 program members

**PRESCHOOL STORY TIME.** Discover a whole new world through stories and crafts! Each morning includes stories and an activity, all tied in to a fun theme for everyone.

FREE! All ages welcome! 10–11 am

**ROOKIES SPORTS LEAGUES.** Teams are co-ed and grouped by ages. They meet once a week for one hour with practices taking place during the first half hour followed by a game. Practices and games will be on a

rotating schedule through the season. Parent volunteer coaches are needed for each team and parents/chaperones are encouraged to participate alongside their child. Sign-ups must be done before the designated deadline.

Rookies Outdoor Soccer League, September–October

Rookies Basketball League, November–December and January–February

Rookies Indoor Soccer League, March–April

Rookies T-Ball, May–June and July–August

Ages 3–4 and Ages 5–6, \$40 facility members, \$70 program members

**SWIM LESSONS.** Dive In! The YMCA has been teaching children and adults how to swim for over 100 years. Whether you are a beginning swimmer or on your way to the Olympics, your YMCA is a great place to make a splash.

Ages 6 months to adult

**YOUTH FITNESS TRAINING.** Join Youth Specialist, Jana Dunajska for Youth Fitness Training. Every session will have a lecture and workout segment, names of basic muscles and more. Upon completion, participants will receive a bracelet allowing them to use the exercise equipment with the supervision of an adult.

Ages 10–14, \$45 facility members, \$90 program members

**YOUTH SPORT CONDITIONING.** Certified Personal Trainer, Jana Dunajska will lead participants through a variety of exercises and circuit training drills. Our program is designed to help young athletes improve performance, agility, speed, strength, and prevent injuries.

Ages 10–15, \$50 facility members, \$100 program members

**YOUTH SPORTS LEAGUES.** Teams are co-ed and will have one practice during the week and a game on the weekend. Teams are formed by the practice location and time that best fits your schedule. Practices will not take place if the facility is closed. One-hour games will be on a rotating schedule on the weekends. Volunteer coaches are needed for each team and parents/chaperones are asked to attend practices and games. Sign-ups must be done before the designated deadline.

Youth Indoor Soccer League, September–November

Youth Basketball League, January–March and April–June

Grades 1–5, \$50 facility members, \$88 program members

## CONTACT INFORMATION

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