

# YOUTH & FAMILIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00	Open swim 10:00-11:00 Lap Pool	Creative Movement 10:30-11:00 Ages walking to 5 Reflection Room  Family Swim 10:00-12:00 Lap Pool	Children's Ballet 9:30-10:30 Ages 3-5 Reflection Room \$  Open Swim 10:00-11:00 Lap Pool	Creative Movement 10:30-11:00 Ages walking to 5 Reflection Room  Family Swim 10:00-12:00 Lap Pool	Open Swim 10:00-11:00 Lap Pool	Strong Kids 9:30-11:00 \$  Children's Ballet 11:30-12:30 Ages 3-5 Reflection Room \$	
11:00 to 1:00	Wade Swim 11:00-12:00 Activity Pool	Creative Movement Ages walking to 5  Family Swim 10:00-12:00am Lap Pool  Wade Swim 11:00-12:00 Activity Pool	Wade Swim 11:00-12:00 Activity Pool  Y Mom Wednesdays 11:30-2:00 2nd & 4th each month	Family Swim 10:00-12:00am Lap Pool	Wade Swim 11:00-12:00 Activity Pool	Wade Swim 11:30-2pm Activity Pool  Open Swim w/Slide 11:30-5:00pm  Strong Teens 11:30-1:00 \$	Family Swim 11:00-1:00 Activity Pool  Family Swim 12:00-1:00 Lap Pool
1:00 To 5:00	Open Swim 1:00-4pm Lap Pool 2:00-3pm Activity Pool	Open Swim 1:00-4pm Lap Pool 2:00-5pm Activity Pool	Home Zone Lessons 2:00-3:00  Open Swim 2:00-3pm Activity Pool 2:00-4pm Lap Pool	Home Zone Lessons 2:00-3:00  Open Swim 2:00-4pm Lap Pool 2:00-5:00 Activity Pool	Open Swim 1:00-4pm Lap Pool 1:00-3pm Activity Pool	Birthday Parties Ages 4+ 1pm-3:30pm	Birthday Parties Ages 4+ 1pm-3:30pm  Open Swim Activity and Lap Pool w/slide 2:00-4:30pm
4:00 To 6:30	Open Swim 4:00-5pm Activity Pool  Tween Rec. Ages 8-12 5:00-6pm Family Center	Karate II (Greg) MPR \$ 5:30-6:30  Youth Fitness Training Ages 10-13 4:30-6:00 Fitness Center	Open Swim 4:00-5pm Activity Pool  Tween Rec. Ages 8-12 5:00-6pm Family Center	Karate II (Greg) MPR \$ 5:30-6:30	Open Swim 4:00-7pm Activity Pool  ZUMBA All Ages (Keana/Chrissy) MPR	Open Swim 4:30-6pm Lap Pool  Parent's Night Out 2nd & 4th Saturdays Ages 3-11 5:00-10pm \$	Youth Fitness Training Ages 10-13 2:30-4:00pm Fitness Center
6:30-7:30		Karate III (Greg) MPR \$  Karate I (RJ) RR \$  Open Swim w/Slide Lap Pool 6:30-8pm	Story Time 3rd Wednesday Each month Family Center	Karate III (Greg) MPR \$  Karate I (RJ) RR \$  Open Swim w/Slide Lap Pool 6:30-8pm	Open Swim w/Slide Lap Pool 6:00-8pm	Family Fun Night November 7th 6:30-8:30pm Thanksgiving Potluck	
5:00 To 10:00	Teen Center 4:00-8:00 Ages 11-18	Teen Center 4:00-8:00 Ages 11-18  Open Swim w/ Slide 6:30-8:00pm	Teen Center 4:00-8:00 Ages 11-18  Teen Cooking 6:00-8:00	Teen Center 4:00-8:00 Ages 11-18  Open Swim w/ Slide 6:30-8:00pm	Teen Center Hours 4:00-8:00 Ages 11-18  Teen Late Night Last Friday each month 6th—12 grade		

For more information contact Brigitte Vercoutere, Family Programs Supervisor 253-833-0970 x7309 bvercoutere@seattleyymca.org

AUBURN VALLEY YMCA  
Effective September 8th-December 20th 2009



## DROP IN CHILD CARE

**Adventure Zone :** Open M-F 4:00-8:30  
Saturdays 8:30-12:30pm for children 5-11 years old. Included with Family Membership. Time limit of 2 hours and parents must remain on YMCA grounds.  
Parents must complete registration form the first time they drop their child/children off. Photo ID is required at time of pick up. We can not provide care for children who display symptoms of illness.

**Child Watch :** Open M-F 8:30-1:30 & 4:00-8:30pm  
Saturdays 8:30-12:30 for children 4 weeks to 5 years old. Included with Family Membership. Time limit of 2 hours and parents must remain on YMCA grounds.  
Parents must complete registration form the first time they drop their child/children off. Photo ID is required at time of pick up. We can not provide care for children who display symptoms of illness.

**Tween Rec. :** M/W/F 5-6pm. Kids will enjoy Various activities including arts & crafts, board games, outdoor games, etc. with fun YMCA staff.  
Located in the Family Center.

## PARENT/CHILD PROGRAMS

**Creative Movement:** This fun and free class explores activity and with music and other creative fun! Ages walking and up and parent and child attend together.

**Money Strong Families:**  
Free financial literacy program offered to children ages 7+ and their parents. Offered at the YMCA and in Auburn and Federal Way schools in 2009.  
*Contact Member Services for more information.*

**Parent Child Water Tots and Perch:** Classes allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. Ages 6-36 months and their parents. \$25/session for Facility Members and \$40/session for Program Members.

**Story Time:** Join us each month for Family Story Time from 6:30-7:30pm in the Family Center. Each Story Time includes stories and an activity, all tied in to a fun theme for everyone. All Ages welcome. *Included in Facility Membership. Sign up at Member Services.*

**Y Mom Wednesdays:** Join us for an afternoon at the YMCA. Meet between 11:30-1:30pm. Sit back and chat with other mom's while the kids enjoy burning off some energy!

## YOUTH HEALTH & WELLNESS

**Kids Club 100:** Kids Club 100 enables kids to track their visits to the Auburn YMCA and win prizes including Y bucks, water bottles, frisbees, t-shirts and more. *Join by picking up a Club 100 Card from Member Services. \$1 fee.*

**Strong Kids & Strong Teens:** This 16 week program provides kids and parents with the tools they need to make healthier lifestyle decisions. The group meets twice a week with a fitness trainer and dietician. Doctor referral needed. *For more info: Contact Stephanie at snorton-bredl@seattleyymca.org*

**Youth Fitness Training:** Ages 10-13 attend a 2 hr class to prepare them to use the equipment in the Fitness Center safely and effectively. They are instructed by Fitness Trainers on rules and etiquette, basics of cardiovascular and strength training and will earn a Youth Fitness Badge.

## FAMILY EVENTS

**Birthday Parties:** Offered Saturdays and Sundays for children turning 4 or older. Choose between packages that include a pool party or adventure zone party, Basic decorations provided by YMCA staff. *For more info and to make a reservation contact Member Services.*

**Parent's Night Out:** Offered every 2nd & 4th Saturday of the month. Ages 3 and older. **\*\*Must be potty trained.** Kids will play in Adventure Zone, swim, play in the gym, eat dinner, and watch a movie. *\$25 for first child, \$5 for each additional child.*

**Family Fun Events :** Monthly events and daytrips are offered for you and your family. Daytrips to the Zoo, Father Daughter Dance, Mother Son Date Night, Healthy Kids Day, Dog Venture Day, Family Fall Social, Sundaes With Santa and more!

**Family Fun Night:** Join us for our Thanksgiving themed Family Potluck & Fun Night November 7th. 6:30-8:30pm. Enjoy activities of swimming, parachute play, dodge ball, and fabulous food! Potluck instructions: Bring a dish or dessert to share.

**Family Interest Team:**  
Contact Brigitte Vercoutare, Family Programs Supervisor at [bvercoutare@seattleyymca.org](mailto:bvercoutare@seattleyymca.org) if you'd like to help!

**YMCA Healthy Kids Day :** Event focusing on children's health, wellness and safety. The Auburn Valley YMCA will offer over 60 fun FREE activities for the whole family. Health professionals from our area will be on hand to provide wellness information

AUBURN VALLEY YMCA  
YOUTH & FAMILY PROGRAMS

