



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH GROUP CLASSES SCHEDULE

Youth Enrichment/Wellness Schedule

Youth Drop-In

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Zone 8:45-1:30 pm Kids Corner/ Adventure Zone	Kids Zone 8:45-1:30 pm Kids Corner/ Adventure Zone	Kids Zone 8:45-1:30 pm Kids Corner/ Adventure Zone	Kids Zone 8:45-1:30 pm Kids Corner/ Adventure Zone	Kids Zone 8:45-1:30 pm Kids Corner/ Adventure Zone	Kids Zone 8 am - 1 pm Kids Corner/ Adventure Zone	Kids Zone 10 am - 1 pm Kids Corner/ Adventure Zone
Kids Zone 4-8 pm Kids Corner/ Adventure Zone	Kids Zone 4-8 pm Kids Corner/ Adventure Zone	Kids Zone 4-8 pm Kids Corner/ Adventure Zone	Kids Zone 4-8 pm Kids Corner/ Adventure Zone	Kids Zone 4-8 pm Kids Corner/ Adventure Zone	The Hub 10 am - 1 pm PlayFit Room	Playfit Family Time 10-1 pm
The Hub 6 - 8 pm PlayFit Room	The Hub 6 - 8 pm PlayFit Room	The Hub 6 - 8 pm PlayFit Room	The Hub 6 - 8 pm PlayFit Room	The Hub 6 - 8 pm Kitchen		

Youth/Family Group Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Itty Bitty Soccer \$ 4:30-6 pm Gym 1		Itty Bitty Soccer \$ 4:30-6 pm Gym 1	Tumbling 10:45-11:30 am Gym 1		Skills and Drills Soccer \$ 9 am-12 pm Gym 1
	The Hub P.E 6-7 pm Gym 1	Hip Hop Kids 4:15 - 5 pm Wellness Studio	The Hub P.E 6-7 pm Gym 1		
	The Hub Dodgeball 7-8 pm Gym 1	Sports 101: Net Sports 7-8 pm Gym 1	The Hub Dodgeball 7-8 pm Gym 1		

Water Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Lessons \$ 10 am - 12 pm Activity Pool		Swim Lessons \$ 10 am - 12 pm Activity Pool		Parent/Child Lessons 10 am - 12pm Activity Pool	Parent/Child Lessons 8:30 am - 9 am Activity Pool	Pathways: Pre-Competitive \$\$ 10 - 11 am Lap Pool
Swim Lessons \$ 4 - 7 pm Activity/Lap Pool	Swim Lessons \$ 4 - 7 pm Activity/Lap Pool	Swim Lessons \$ 4 - 7 pm Activity/Lap Pool	Swim Lessons \$ 4 - 7 pm Activity/Lap Pool	Preschool Pool Play 11 - 12 pm Activity Pool	Swim Lessons \$ 8:30 am - 1 pm Activity/Lap Pool	
Pathways: Skills & Drills \$ 7 - 8 pm Lap Pool	Pathways: Swim Fit \$ 7 - 8 pm Lap Pool	Pathways: Skills & Drills \$ 7 - 8 pm Lap Pool	Pathways: Pre-Competitive \$ 7 - 8 pm Lap Pool	Pathways: Swim Fit \$ 4:35pm - 5:35pm Lap Pool	Parent/Child Lessons 12 pm - 12:30 pm Activity Pool	
				Pathways: Pre-Competitive \$ 5:45pm - 6:45pm Lap Pool		

\$ Fees Associated

K Kids University Classes: Classes drop off and pick up is at start and end time.

YOUTH DROP-IN

Kids Zone

Kids Zone is a non-licensed drop-in program that follows best practices and procedures. Staff facilitate age appropriate group games and activities to build skills and encourage relationship building. Family Facility Members can use this service up to two hours each day while in the building. Ages of Room Areas:

- Kids Corner: 4 weeks– 3 years old
 - Adventure Zone: 3– 10 years old
 - JYDC: ages 6 years+, M–F during Spring Break
- Free for Family Facility Members.

Playfit Family Time

Try our PlayFit equipment and challenge not only your body but your mind. Challenge each other and other families for a little friendly competition. Open to all ages, must be accompanied by an adult.

The HUB P.E

The HUB PE will feature a mix of different gym games and sports, such as basketball, soccer, and active group games. Kids of all ability levels are welcome to have fun! Tween PE meets in Gym 1. Ages 8+.

The HUB PlayFit

Using our PlayFit equipment, teens and tweens can challenge not only their body, but their mind. This equipment combines physical activity with technology and games to keep kids active! Ages 8+.

The HUB Dodgeball

Our most popular activity! Staff will facilitate a variety of dodgeball games. Remember the 5 D's: Dodge, Duck, Dip, Dive, and Dodge! Dodgeball meets in Gym 1. Ages 8+.

The HUB Fridays

Come join us on Fridays in the kitchen as we rotate through science, cooking, crafts and more! Ages 8+.

TUMBLING

Little ones from the walking stage to 3 years old have fun singing, climbing, jumping and playing with Mom and/or Dad. Come enjoy special time with your child and socialize with other parents.

PARENTS NIGHT OUT

Enjoy a night out while your child(ren) have a fun filled evening at the Y. Games and activities coincide with the theme of the event and the night ends with a movie and snack. Pizza is provided for dinner. Ages 4 weeks– 12 years, \$30 per child.

YOUTH SPORTS

Itty Bitty Soccer \$

Little ones get a taste of sports through games that help develop their hand-eye and foot-eye coordination. They have a blast learning basic skills, playing with each other and using age-appropriate equipment.

Winter Basketball League \$

This session of Skills & Drills at Coal Creek will focus on the development of soccer fundamentals. It will allow players to learn new skills, develop sportsmanship, and learn the rules of the game. During this session, players will be aiming to build a solid foundation of soccer basics and fundamentals with which to build upon as they further their development of their game. 30 to 40 minutes will focus on skill building and 20 to 30 minutes will be focused on scrimmaging to help learn in the game rules, skills and tactics.

Sports 101: Net Sports \$

Are you ready to try your hand at a variety of net sports? If so, join us for an 8 week session that will cover the fundamentals and sportsmanship of a variety of games. Games include badminton, pickle ball, tennis and volleyball. Just as important, learn firsthand the benefits of being healthy and active and that virtual games just can't compare to the real thing.

WATER ACTIVITIES

Preschool Pool Play

This is non-structured, recreational time for preschool age swimmers and their families to enjoy the pool together. Members are welcome to use the aquatic toys, noodles, and lifejackets.

Swim Lessons \$

We offer a wide range of swimming options for the whole family! Classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance, and social skills while guiding students with praise and encouragement.

Session Price: See Member Services

Session Duration: See Member Services

Pathways: Skills and Drills

Swimmers will learn the basics of swimming set while practicing new drills and techniques

Pathways: Swim Fit

Swimmers will participate in sets that will push them to swim longer distances while maintaining and refining

APRIL 2017 FAMILY & YOUTH EVENT CALENDAR

Saturday	1	April Fool's Day
Sunday	2	
Monday	3	
Tuesday	4	
Wednesday	5	
Thursday	6	
Friday	7	Family Movie Night, 6:30pm, located in the GYM
Saturday	8	Parents Night Out, 5-9pm, \$, register at Member Services.
Sunday	9	
Monday	10	Spring Break, JYDC ages 6+ 8:45-1:30pm. Spring Break Trips, grades 5—9 \$
Tuesday	11	Spring Break, JYDC ages 6+ 8:45-1:30pm. Spring Break Trips, grades 5—9 \$
Wednesday	12	Spring Break, JYDC ages 6+ 8:45-1:30pm. Spring Break Trips, grades 5—9 \$
Thursday	13	Spring Break, JYDC ages 6+ 8:45-1:30pm. Spring Break Trips, grades 5—9 \$
Friday	14	Spring Break, JYDC ages 6+ 8:45-1:30pm. Spring Break Trips, grades 5—9 \$
Saturday	15	
Sunday	16	Easter Sunday, YMCA Closed.
Monday	17	
Tuesday	18	
Wednesday	19	
Thursday	20	
Friday	21	
Saturday	22	
Sunday	23	
Monday	24	
Tuesday	25	
Wednesday	26	
Thursday	27	
Friday	28	
Saturday	29	HEALTHY KIDS DAY! 10-1pm.
Sunday	30	