
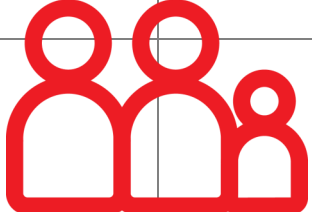
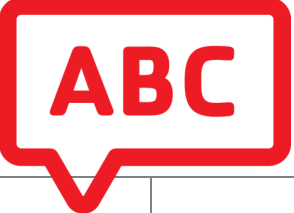






FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY PROGRAMS SCHEDULE

UPDATED: April 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
8:00-10:00 am Open Family Soccer TK, Court 1		9:00-10:00 am Stroller Strut TK	8:00-9:00 am Stroller Strut TK	9:00-10:00 am Stroller Strut TK	8:00-9:00 am Stroller Strut TK	
	9:30-10:15 am Story Time* Essence, CT	9:00-10:00 am Toddler Open Sports TK		9:00-10:00 am Toddler Open Sports TK		
		9:30-10:15 am Story/Song/Shimmy* Essence, CT	10 am- 12 pm Indoor Playground* CT	10 am-12 pm Family Art* Elon, AT	10 am-12 pm Indoor Playground* CT	10 am-12 pm Family Art* Jennifer, AT
	10:30-11:30 am Tot & Me Yoga Elyce, MB	10:30-11:15 am Story/Song/Shimmy* Essence, CT			10:30-11:30 am Prenatal Yoga Eve, MB	<b>ARTS &amp; CULTURE AT THE Y:</b> Looking for more kid-friendly fun? Check out our 8-week youth programs for Arts & Culture. From karate and dance to art and science, we have everything you need to learn, create, and explore!
<b>CLASS LOCATIONS:</b> Art Room (AT) Culture Room (CR) Mind-Body (MB) Multipurpose (MP) Cardio Room (CR) Track (TK)				11:00-12:00 pm Baby Boot Camp Buffy, CR		

## PRENATAL PROGRAMS

### Prenatal Yoga

**Member Fee: Free, Community Fee: \$30**

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood. Come join us to maximize your health, to heal yourself and clear the way for a new chapter in your life. A wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

## FOR ADULT & BABY

### Baby Boot Camp

**Member Fee: Free, Community Fee: \$30/visit**

This class is for parents with non-crawling babies. Get your cardio while bonding with your baby! A low-impact fitness class designed for sleep-deprived parents looking to regain vitality and strength.

### Stroller Strut

**Member Fee: Free, Community Fee: \$30/visit**

Rainy day? Cold outside? Come and take a stroll on our world-class track with your baby. An opportunity for parents to walk on the track with their child. Baby must remain in stroller.

### Baby & Me Pilates

**Member Fee: Free, Community Fee: \$30/visit**

(Babies 1-10 mos.) Take playgroup to the next level! Meet other parents and learn new ways to interact with your child in a family friendly atmosphere. Each week we will explore ways to play with our babies to improve motor coordination and cognitive abilities. We will begin with getting to know one another, followed by games for our tiny ones, and end with singing and dancing. Ideal for new parents.

## FAMILY PROGRAMMING NOTES:

- Free Family Programming and Adult & Baby classes are only available to participants with a Family Membership.
- Children may not use guest passes.
- Classes with a \* require a ticket. You may pick them up at the Membership Desk five minutes prior to the start of class.

## ADULT & CHILD FUN

### Family Art

**Member Fee: Free, Community Fee \$30/visit**

Children together with their parents/guardians will explore the world of imagination, through an introduction to materials including clay, paint, paper, markers, glue, fabric, found and recycled objects.  
(12 mos.-5 years w/ adult)

### Saturday Family Art

**Member Fee: Free, Community Fee \$30/visit**

Just like "Get Messy with Your Adult," but the whole family can join in the fun. (All ages w/ adult)

### Story Time

**Member Fee: Free, Community Fee \$30/visit**

Spend time exercising your brain with your child while you enjoy listening to stories in a fun and safe setting. (All ages w/ adult)

### Story, Song & Shimmy

**Member Fee: Free, Community Fee \$30/visit**

Bond with your little one while they develop social, motor, and cognitive abilities. Stories and singing will be followed by fun and dancing. (Up to 5 years w/ adult)

### Indoor Playground

**Member Fee: Free, Community Fee \$30/visit**

A safe fun space to climb and play with soft gym mats and toys. A wonderful place for children to climb and socialize in a safe space. Perfect for the winter months when it's cold outside! (Up to 3 years w/ adult)

### Family Walk Time

**Members Only**

Grab the kids and stop by for an hour of walking free of the elements on our world-class track.

### Tot & Me Yoga

**Member Fee: Free, Community Fee: \$30/visit**

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children. (Babies 10 mon-2yrs)

### Open Family Sports Time

**Members Only**

Spend time with your child shooting baskets, kicking a soccer ball or playing some sports. We provide the space and equipment, you just need to be together to play. (All ages w/ adult)

## FOR MORE INFORMATION:

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