

# FREE FAMILY PROGRAMS SCHEDULE

Updated October 2019



MON	TUES	WED	THURS	FRI	SAT	SUN
9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	10:00-10:45am <b>Family Free Swim*</b> Large Pool	9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	10:00-10:45am <b>Family Free Swim*</b> Large Pool	10:00-11:00 am <b>Prenatal Yoga</b> Kate, Studio B	10:00-10:45am <b>Family Free Swim*</b> Large Pool
10:00-10:45am <b>Family Free Swim*</b> Large Pool	10:45-11:30am <b>Family Free Swim*</b> Large Pool	10:00-10:45am <b>Family Free Swim*</b> Large Pool	10:00-10:45am <b>Family Free Swim*</b> Large Pool	10:45-11:30am <b>Family Free Swim*</b> Large Pool	10:00-10:45am <b>Family Free Swim*</b> Large Pool	10:45-11:30am <b>Family Free Swim*</b> Large Pool
10:00-12:00 pm <b>Family Art</b> 18 mos. - 3 years Elisa & Abby, MP2		10:00-12:00 pm <b>Family Art</b> 18 mos. - 3 years Elisa & Abby, MP2	10:45-11:30am <b>Family Free Swim*</b> Large Pool	11:00-12:00 pm <b>Tot &amp; Me Yoga</b> 10 months - 2 years Elyce, Studio A	10:45-11:30am <b>Family Free Swim*</b> Large Pool	12:00-2:00pm <b>Family Open Court</b> Gymnasium
10:45-11:30am <b>Family Free Swim*</b> Large Pool		10:45-11:30am <b>Family Free Swim*</b> Large Pool	<p><b>YMCA YOUTH PROGRAMS</b></p> <p>Looking for more kid-friendly fun? Check out our 8-week youth programs. From swim and science, to basketball and ballet, we have everything you need to learn, create, and explore!</p>		2:30-5:30pm <b>Family Open Court</b> Gymnasium	1:00-1:40pm <b>Family Free Swim*</b> Small Pool
11:00-11:45 am <b>Story, Song &amp; Shimmy</b> Up to 4 years w/ adult Y Staff, Studio A		11:00-12:30 pm <b>Prenatal Yoga</b> Cheryl, Studio B			3:00-4:20 pm <b>Prenatal Yoga</b> Elena, Studio B	1:40-2:20pm <b>Family Free Swim*</b> Small Pool
11:00-12:30 pm <b>Prenatal Yoga</b> Kate, Studio B	5:30-6:10pm <b>Family Free Swim*</b> Large Pool	2:10-3:10pm <b>Baby &amp; Me Yoga</b> 1-10 months Cheryl, Studio B	11:00-12:00 pm <b>Baby &amp; Me Yoga</b> Kate, Studio B	5:30-6:15pm <b>Family Free Swim*</b> Large Pool	3:30-4:15pm 4:15-5:00pm <b>Family Free Swim*</b> Small Pool	2:20-3:00pm <b>Family Free Swim*</b> Small Pool
<b>Family Free Swim Times</b>	6:10-6:50pm <b>Family Free Swim*</b> Large Pool	6:00-6:45pm <b>Family Free Swim*</b> Small Pool	5:00-5:45pm <b>Family Free Swim*</b> Large Pool	5:30-6:15 & 6:15-7:00pm <b>Family Free Swim*</b> Small Pool	5:00-5:45pm <b>Family Free Swim*</b> Small Pool	2:00-4:00pm <b>Teen Full Court Basketball</b> Gymnasium
6:00-6:45pm & 6:45-7:30pm <b>Family Free Swim*</b> Small Pool	6:50-7:30pm <b>Family Free Swim*</b> Small Pool	6:45-7:30pm <b>Family Free Swim*</b> Small Pool	5:45-6:30pm <b>Family Free Swim*</b> Small Pool	7:00-8:00pm <b>Teen Full Court Basketball</b> Gymnasium	5:30-7:00pm <b>Teen Full Court Basketball</b> Gymnasium	
		7:00-8:00pm <b>Teen Full Court Basketball</b> Gymnasium	6:00-7:00pm <b>Teen Full Court Basketball</b> Gymnasium	7:00-7:45pm <b>Family Free Swim*</b> Small Pool	5:45-6:30pm <b>Family Free Swim*</b> Small Pool	
		<b>All of our Family Programs are FREE for those with a Family Membership!</b>		7:45-8:30pm <b>Family Free Swim*</b> Small Pool	6:30-7:15pm <b>Family Free Swim*</b> Small Pool	*Family Free Swim requires a ticket

## PRENATAL PROGRAMS

### Prenatal Yoga

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

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.

## FOR ADULT & BABY

### Baby & Me Yoga

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

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

### 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 with scarves and instruments.

### Indoor Playground

**Members Only**

Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

## FAMILY FREE SWIM

### Family Free Swim

**Members Only - Ticket Required**

Family swim time strengthens relationships between families! Families enjoy the pool safely while spending quality time together. Come and spend time with your child in the pool to strengthen their confidence and comfort in the water. **Tickets can be picked up 30 minutes prior to the swim time at the front desk. Ticket numbers are limited and are distributed on a first come, first served basis.**

## ADULT & CHILD FUN

### 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.

### 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 with scarves and instruments.

### Indoor Playground

**Members Only**

Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

### Family Art

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

Art projects develop your child's creativity and artistic side while refining their fine motor skills. Children can follow a guided project or explore with different mediums on their own. Remember to wear your messy clothes!

### Open Family Court

**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.

## TEEN SPORTS

### Teen Full Court Basketball

**Family or Teen Members Only**

What better place to play basketball than at the YMCA. We invented the sport! Play half-court, full-court or just free shooting play. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot!

