

FREE FAMILY PROGRAMS SCHEDULE

Updated January 2020



| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|---|--|--|--|---|---|
| 9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium | 10:00-10:45am Family Free Swim* Large Pool | 9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium | 9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium | 10:00-10:45am Family Free Swim* Large Pool | 10:00-11:00 am Prenatal Yoga Kate, Studio B | 10:00-10:45am Family Free Swim* Large Pool |
| 10:00-10:45am Family Free Swim* Large Pool | 10:45-11:30am Family Free Swim* Large Pool | 10:00-10:45am Family Free Swim* Large Pool | 10:00-10:45am Family Free Swim* Large Pool | 10:45-11:30am Family Free Swim* Large Pool | 10:00-10:45am Family Free Swim* Large Pool | 10:45-11:30am Family Free Swim* Large Pool |
| 10:00-12:00 pm Family Art 18 mos. - 3 years Elisa & Abby, MP2 | 11:00-12:15pm Prenatal Yoga Elena, Studio A | 10:00-12:00 pm Family Art 18 mos. - 3 years Elisa & Abby, MP2 | 10:45-11:30am Family Free Swim* Large Pool | 11:00-12:00 pm Tot & Me Yoga 10 months - 2 years Elyce, Studio A | 10:45-11:30am Family Free Swim* Large Pool | 12:00-2:00pm Family Open Court Gymnasium |
| 10:45-11:30am Family Free Swim* Large Pool |  | 10:45-11:30am Family Free Swim* Large Pool | <p>YMCA YOUTH PROGRAMS</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 Family Open Court Gymnasium | 1:00-1:40pm Family Free Swim* Small Pool |
| 11:00-11:45 am Story, Song & Shimmy Up to 4 years w/ adult Y Staff, Studio A | | 11:00-12:30 pm Prenatal Yoga Cheryl, Studio B | | | 3:30-4:15pm Family Free Swim* Small Pool | 1:40-2:20pm Family Free Swim* Small Pool |
| 11:00-12:30 pm Prenatal Yoga Kate, Studio B | 5:30-6:10pm Family Free Swim* Large Pool | 2:10-3:10pm Baby & Me Yoga 1-10 months Cheryl, Studio B | 11:00-12:00 pm Baby & Me Yoga Kate, Studio B | 5:30-6:15pm Family Free Swim* Large Pool | 4:15-5:00pm Family Free Swim* Small Pool | 2:20-3:00pm Family Free Swim* Small Pool |
| Family Free Swim Times | 6:10-6:50pm Family Free Swim* Large Pool | 6:00-6:45pm Family Free Swim* Small Pool | 5:00-5:45pm Family Free Swim* Large Pool | 5:30-6:15 & 6:15-7:00pm Family Free Swim* Small Pool | 5:00-5:45pm Family Free Swim* Small Pool | 2:00-4:00pm Teen Full Court Basketball Gymnasium |
| 6:00-6:45pm & 6:45-7:30pm Family Free Swim* Small Pool | 6:50-7:30pm Family Free Swim* Small Pool | 6:45-7:30pm Family Free Swim* Small Pool | 5:45-6:30pm Family Free Swim* Small Pool | 7:00-8:00pm Teen Full Court Basketball Gymnasium | 5:30-7:00pm Teen Full Court Basketball Gymnasium |  |
|  | | 7:00-8:00pm Teen Full Court Basketball Gymnasium | 6:00-7:00pm Teen Full Court Basketball Gymnasium | 7:00-7:45pm Family Free Swim* Small Pool | 5:45-6:30pm Family Free Swim* Small Pool | |
| | All of our Family Programs are FREE for those with a Family Membership! | | | | 7:45-8:30pm Family Free Swim* Small Pool | 6:30-7:15pm Family Free Swim* Small Pool |

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!

