



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHILD WATCH

You can't be the best parent you can be unless you take care of your own health - in spirit, mind and body. With your child (2 -12 years) under the care of our trained staff in Child Watch, we can give you up to two hours of peace of mind to work out, take a class or just relax. Reservations are a **MUST**.

## Hours:

**Monday-Thursday 5:00pm-8:30pm**

**Saturday 10 am-2 pm**

**\*Hours are subject to change**

**\* Included with Family Membership Only**



**Castle Hill YMCA**  
2 CASTLE HILL AVENUE BRONX NY 10473  
212-912-2490 [ymcanyc.org/CastleHill](http://ymcanyc.org/CastleHill)

## GET ENGAGED:

Website: [ymcanyc.org/CastleHill](http://ymcanyc.org/CastleHill)

Facebook: @CastleHillYMCA

Instagram: @CastleHillYMCA

Twitter: @CastleHillYMCA

App: [ymcanyc.org/app](http://ymcanyc.org/app) (YMCA of Greater NY)

# KIDS 2-12

Schedule subject to change; classes need minimum 3 participants to operate.