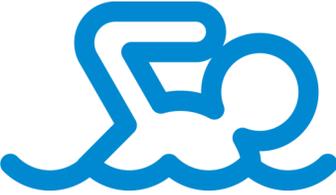


Free Family Programs Schedule

Prospect Park – Winter I 2023 (January 2 – February 26)



MON	TUES	WED	THURS	FRI	SAT	SUN
10:30am-11:50am Indoor Playground Up to 4 years w/ adult Y Staff, Gymnasium		10:15am-11:50am Indoor Playground Up to 4 years w/ adult Y Staff, Gymnasium		10:30am-11:30 pm Baby & Me Yoga Cheryl, Studio B		
11:00am-11:45am Family Free Swim* Small Pool	11:00am-11:45am Family Free Swim* Small Pool	11:25am-12:10pm Family Free Swim* Small Pool	11:00am-11:45am Family Free Swim* Small Pool	11:00am-11:45am Family Free Swim* Small Pool		
			11:00am-11:50am Family Open Gym Gymnasium	11:00am-11:50am Family Open Gym Gymnasium		
			<p>YMCA YOUTH PROGRAMS</p> <p>Looking for more kid-friendly fun? Check out our 8-week youth programs. From swim and karate, to basketball and ballet, we have everything you need to learn, create, and explore!</p>		1:00pm-3:00pm Family Open Gym Gymnasium	1:25pm-3:00pm Family Open Gym Gymnasium
					1:55pm-2:25pm Family Free Swim* Small Pool	12:35pm-1:10pm Family Free Swim* Small Pool
6:05pm-6:35pm Family Free Swim* Small Pool	6:15pm-6:45pm Family Free Swim* Small Pool	5:05pm-5:35pm Family Free Swim* Small Pool			2:30pm-3:00pm Family Free Swim* Small Pool	1:15pm-2:00pm Family Free Swim* Small Pool
6:40pm-7:10pm Family Free Swim* Small Pool	6:45pm-7:15pm Family Free Swim* Small Pool	5:40pm-6:10pm Family Free Swim* Small Pool	6:05pm-6:35pm Family Free Swim* Small Pool	5:30pm-6:15pm Family Free Swim* Small Pool		2:05pm-2:50pm Family Free Swim* Small Pool
Family Free Swim Times			6:40pm-7:10pm Family Free Swim* Small Pool	6:20pm-7:05pm Family Free Swim* Small Pool		
				<p>*RESERVATIONS REQUIRED FOR FAMILY FREE SWIM VIA MOBILE APP</p>		
<p>All of our Family Programs are FREE for those with a Family Membership!</p>						

FOR ADULT & BABY

Baby & Me Yoga

Members Only

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.

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 - Reservation Required via Mobile App

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. [Reservations can be made on the YMCA NYC mobile app up to 48 hours in advance.](#)

FAMILY OPEN GYM

Family Open Gym

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.

