

North Area Family YMCA

Youth Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Games Mini Me in Motion (ages 3&4) 9:00 - 9:30 am Outdoor Games (ages 5+) 9:30 - 10:30 am Fitness Staff *Weather Permitting	Outdoor Games Outdoor Games (ages 5+) 9:30 - 10:30 am Fitness Staff *Weather Permitting	Outdoor Games Mini Me in Motion (ages 3&4) 9:00 - 9:30 am Outdoor Games (ages 5+) 9:30 - 10:30 am Fitness Staff *Weather Permitting	Outdoor Games Outdoor Games (ages 5+) 9:30 - 10:30 am Fitness Staff *Weather Permitting	Outdoor Games Water Games (ages 5+) 9:30 - 10:30 am Fitness Staff *Weather Permitting
Fit Swim (ages 6 months- 3) 1:00 - 1:30 pm Holly Pool	Y Jump Rope (ages 5+) 5:00 - 5:30 pm Shelly Multi-Purpose Room			
Yoga For Kids (ages 5+) 5:00 - 5:30 pm Laura **Meet in Lobby	Yoga for kids (ages 5+) 5:30 - 6:00 Shelly **Meet in Back Lobby	Fit 4 Fun (ages 5+) 5:30 - 6:30 pm Taryn/Laura Multi-Purpose Room	Cosmic Cycle 8 yrs and 4'10" 5:00 - 5:30 pm Michelle Cycle Studio	
Y Run Jr. (ages 8+) 5:30 - 6:00 pm Laura **Meet in Lobby	Jump Start (ages 5+) 6:45 - 7:30 pm Taryn/Michelle Gym			

- ⊛ Please bring a towel or yoga mat for the yoga classes.
- ⊛ Youth ages 8+ can attend any offered fitness classes on the adult schedules as well. Parents are strongly encouraged to attend these classes with their youth.
- ⊛ Youth ages 12+ after completing an orientation series can enter the fitness center.



June 28 - August 31

Youth Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	Parent Child Gym (various ages) Check schedule For times Registration required	Parent Child Gym (various ages) Check schedule For times Registration required	Parent Child Gym (various ages) Check schedule For times Registration required	
Kinder Sports (ages 3 - 5) Check schedule For times Registration required	Kinder Sports (ages 3 - 5) Check schedule For times Registration required			Kinder Sports (ages 3 - 5) Check schedule For times Registration required
Chill Zone (ages 8 - 14) 6:15 - 8:00pm Brian KKC Room	Chill Zone (ages 8 - 14) 6:15 - 8:00pm Brian KKC Room	Chill Zone (ages 8 - 14) 6:15 - 8:00pm Kailey KKC Room	Chill Zone (ages 8 - 14) 6:15 - 8:00pm Kailey KKC Room	

FAMILY ACTIVITIES

Thursday, July 22

Family Connections/Military Appreciation BBQ
 6:30 - 8:00 pm
 Pre-order chicken dinner by 7/19
 Kids \$5 Adult \$10

Friday, July 30

Diary of Wimpy Kid Event! FREE
 Ages 7 - 14 6:30 - 8:30 pm

Friday Nights

7/16 ...Movie "Toothfairy (PG)"
 8/20. ...Movie-Outside "Percy Jackson & The Olympians-
 The Lightning Thief (PG)"

Parents Night Out

7/10 5-9pm Carnival
 8/14 5-9pm Beach Fun

8 is Great!!!!
 July 7 11 - 12 noon
 July 29 5 - 6 pm
 August 10 6 - 7 pm
 Are you celebrating your 8th birthday?
 Do you want to know what you can do at the YMCA
 and what responsibility comes with it?
 Register at Member Services

KIDS CLASSES

Pirate Classes
 Princess Classes
 Explorations & Creations
 All-American Girls
 Super Heros

FAMILY FUN NIGHTS

7/24 Carnival
 8/7 Tropical