



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8/11

POWER ZONE

What is Power Zone?

Power Zone is a value-added class that offers age appropriate activities. Power Zone will be led by a YMCA staff person who will engage the members in activities and games. Power Zone is offered at different centers. Please refer to the Youth and Family Activity Calendar for locations and times.

Who may participate in Power Zone?

Youth members ages 8-13 years old.

Where do we go when we come to the YMCA?

Power Zone will utilize different program areas within the Y (racquetball courts, gyms, track, family center, multi-purpose rooms) and our outside sports field. The Power Zone instructor will keep communication with the front desk as to their whereabouts.

What activities will take place in Power Zone?

Depending on space, location and age ranges; games, sports and activities will vary from kickball, tag, yoga, air hockey tournaments, track races, football skills test, board games and many other opportunities. This will be left to the discretion of the Power Zone instructor.

What equipment will I need for these programs?

Please dress appropriately for sports or fitness classes and wear athletic shoes.

For any additional information, please contact the YMCA at 436-9622.

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.