

YOUTH & FAMILY CALENDAR

February 20 - April 15
SPRING 1 2012



BV Broadview Y
DT Downtown Y
ES East Side Y
WS West Side Y

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---|---|---|---|---|---|
| BV | | 10:15-11:30am RAINBOW ROMPERS 3:30-4:45pm POWER ZONE | | 10:15-11:30am RAINBOW ROMPERS 3:30-4:45pm POWER ZONE 5:00-8:00pm *YOUTH LSC ORIENTATION | 7:00-10:00pm Y NIGHT | 6:00-8:00pm FAMILY NIGHT |
| DT | 4:30-7:30pm Y ZONE 6:00-6:45pm FAMILY ZUMBA | | 4:30-7:30pm Y ZONE | 4:30-7:30pm Y ZONE | 6:00-9:00pm Y KLUB | 9:00-11:00am Y ZONE |
| ES | 4:30-6:30pm POWER ZONE | 4:30-6:30pm POWER ZONE 4:45-5:15pm YOUTH CYCLING 6:00-8:00pm FAMILY NIGHT | | 9:45-11:15am RAINBOW ROMPERS 4:30-6:30pm *YOUTH LSC ORIENTATION 4:45-5:15pm YOUTH CYCLING 4:45-5:30pm FAMILY ZUMBA 5:30-6:00pm CARDIO BLAST | 7:00-10:00pm Y NIGHT | 9:30-10:00am FAMILY CYCLING 10:00am-12:00pm *YOUTH LSC ORIENTATION 10:15-11:00am FAMILY ZUMBA 6:00-8:00pm FAMILY NIGHT (March 17th) |
| WS | 5:00-7:00pm Y ZONE 5:30-7:00pm RAINBOW ROMPERS 6:30-7:00pm CARDIO BLAST | 4:30-6:30pm POWER ZONE | 5:00-8:00pm *YOUTH LSC ORIENTATION 6:15-6:45pm YOUTH CYCLING 6:45-7:30pm FAMILY ZUMBA | 4:30-6:30PM POWER ZONE | 10:00-11:30am RAINBOW ROMPERS 7:00-10:00pm Y NIGHT | 10:00-1:00pm Y ZONE 6:00-8:00pm RAINBOW ROMPERS/ FAMILY SWIM 6:00-8:00pm FAMILY NIGHTS (March 10th & April 14th) |

ACTIVITY DESCRIPTIONS

CARDIO BLAST – AGES 8-13

Experience a blast of energy with this fun and fast paced class. Combine the heart pounding fun adults enjoy in their fitness classes with an extra spark just for you! Each week features a different fitness class to get kids moving.

YOUTH CYCLING – AGES 8-13

Great opportunity to do what kids really enjoy – ride a bike! The instructor guides them through various age/height-appropriate cycling techniques that will help them burn fat, build muscle and have fun! Youth must safely fit the height requirement of 4' 10".

Y KLUB – GRADES 4-8

You & your friends belong where the action is. Join us every Friday night at the Downtown YMCA for activities such as Wii games, gymnastics, basketball, swimming, cooking classes, arts & crafts and a special activity each week.

Y NIGHT – GRADES 5-8

Check out what's happening at the Y on Friday night for 5th-8th graders from 7-10pm. Youth have the opportunity to swim, play games of basketball or racquetball, make arts & craft projects and participate in a special activity each week.

Y ZONE – AGES 7-13

Y Zone is a staffed area where youth can play games, participate in planned nightly fitness or craft activities or just hang out. A monthly calendar of planned activities is available.

FAMILY NIGHT

Join us in the pool, challenge each other on the basketball court, make arts & crafts, play a fun sport, watch movies or enjoy Rainbow Rompers. Family Nights will feature special activities each month. Watch for monthly Family Night flyers for schedules & special theme nights.

FAMILY ZUMBA – AGES 6+

Enjoy a cardio dance party appropriate for all ages. Combine high energy & motivating Latin & International music with unique moves that are fun & easy to do. Children, ages 6-13 must be accompanied by an adult.

POWER ZONE – AGES 8-13

Stay active in a staff-organized environment where the activities change every day. Activities may include: sports, fitness classes, dodge ball, obstacle courses and more. Youth may use Power Zone at their leisure.

RAINBOW ROMPERS

Fun for parents & their preschoolers in a supervised play space complete with gym equipment, balls, balloons & more. Connect with your child in an atmosphere that encourages play, play & more play!

***YOUTH LSC ORIENTATION – AGES 11-13**

This course encompasses the core values of the Y, the benefits & risks of exercise & the policies of the Lifestyle Center. Participants learn how to use the cardiovascular equipment & will earn a new membership card noting they have completed the orientation. Parents are welcome to learn along with their children, registration is required for classes held at the Broadview, East Side or West Side facilities. Downtown does not have scheduled times – please make an appointment at the front desk.

FAMILY CYCLING

Keep your family time rolling with this 30-minute high-energy cycling workout. The instructor will combine various cycling techniques and fun music to ensure that both kids and adults have a good time doing what they enjoy. Youth must safely fit the height requirement of 4' 10".

YMCA Mission: 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.

FAMILY NIGHTS INCLUDE:

RAINBOW ROMPERS

FAMILY SWIM

SPECIAL EVENTS