



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLUB Y.M.C.A.

FOR KIDS WITH DANIELLE MCNEILL



Young Planters Club

Kids will learn ways to recycle, reduce, and reuse. The importance of nature and what it can provide through intriguing activities.

Mass Movement Club

Kids will learn new dances and ways to escape from their bubble, followed by team building activities that include an array of sports and games.

Crazy Cardio Club

While improving cardiorespiratory, muscle and strength endurance kids will learn how to perform safe and effective fitness exercises, thus improving their physical ability in duration and intensity.

Atman Club

Focusing on individual flexibility using dynamic and static stretches, kids will explore the art of yoga. Kids will also become aware of social responsibility by introducing and providing activities to build their character using the 6 pillars: respect, trustworthiness, responsibility, and citizenship.

FREE/On-Site Members*

*Fee will be charged for Members off-site

Monday–Thursday

*** Regular Hours***

4:00pm–7:00pm

Kindergarten – Age 12

*** April 2018***

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Club Y.M.C.A for Kids April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Garden 6-7 Swimming	3 4-4:30 Warm Up 4:30-6:30 World Party/Awards Day' 6:30-7 Mile Games	4 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	5 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Nature Walk 6:30-7 Mile Games	6	7
8	9 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Recycling Tips 6-7 Swimming	10 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30- Circuit Training 6:30-7 Mile Games	11 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	12 4-4:15 Warm Up 4:15-5 Mandala Workshop with Dana 5-6:30 Game Night	13	14
15	16 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Garden 6-7 Swimming	17 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30-Running Workshop 6:30-7 Mile Games	18 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	19 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 6:30-7 Mile Games	20	21
22	23 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Family Game Night 6-7 Swimming	24 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30- Circuit Training 6:30-7 Mile Games	25 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	26 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Game Night 6:30-7 Mile Games	27	28
29	30 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Garden 6-7 Swimming					

- Warm up: 10- 15 minutes of LES MILLS, "Born to Move," will take place in the Group Fitness Center.
- Mondays: [Swim](#); kids will need bathing suits and towels from 6-7pm.
- Wednesdays: Kid's [Dance](#) will take place in the gym with Felix McNeill.
- Thursdays: Kid's Yoga/Tumbling will take place in the Yoga Room.
- Tues-Thursday: [Mile Games](#), kids will bike while playing games in the Teen Center 6:30-7. This is time for kids to cool down.
- Check the dry erase board in front of the community center for our specific location daily.
- If you are running late after Club YMCA hours, your child will be taken into the Teen Center for pick up.
- Please bring water, and wear tennis shoes.