



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLUB Y.M.C.A.

## FOR KIDS WITH DANIELLE MCNEILL

### Young Planters Club -Monday

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

### Mass Movement Club -Tuesday

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 -Wednesday

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 -Thursday

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.

## Monday-Thursday

### \*Revised Summer Hours\*

(BEGINNING WEEK OF JUNE 12<sup>TH</sup>)

Mon: 4:30pm-7:00pm

Tues-Thur: 4:30pm-6:30pm

## Kindergarten - Age 12

### \* June 2017 \*

## Calendar on back



# Club Y.M.C.A for Kids

# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4-4:30- Warm-up 4:30-5:15-Tumbling/Yoga 5:15-6:15- Dodge ball 6:30-7- Mile Games	2	3
4	5 4-4:30 Warm-up 4:30-5:45 Garden/ Baseball field 5:45-7- <a href="#">Swimming</a>	6 4-4:30- Warm-up 4:30-5:15- <a href="#">Dance</a> 5:30-6:30- Basketball 6:30-7- Mile Games	7 4-5- Warm-up 5-6:30- Kid Pick 6:30-7- Mile Games	8 4-4:30- Warm up 4:30-5:15 Tumbling/Yoga 5:15-6- Playground 6-7 <a href="#">FAMILY HEALTHY COOKING CLUB</a>	9 <b>**Beginning 6/12/17 - Club YMCA hours change to summer hours; Mondays 4:30-7PM, and Tuesdays-Thursdays 4:30-6:30PM</b>	10
11	12 4:30-5- Warm up 5-5:30- Cycle 5:45-7- <a href="#">Swimming</a>	13 4:30-5:15- Tumbling/Yoga 5:15- 6:30- Circuit Training	14 4:30-5:15- <a href="#">Dance</a> 5:15-6:30- Kid Pick	15 4:30-5:30- Field Games 5:30- 6:30- <a href="#">Splash Pad</a>	16	17
18	19 4:30-5- Warm up 5-5:30- Cycle 5:45-7- <a href="#">Swimming</a>	20 4:30-5:15- Tumbling/Yoga 5:15- 6:30- Circuit Training	21 4:30-5:15- <a href="#">Dance</a> 5:15-6:30- Kid Pick	22 4:30-5:30- Field Games 5:30- 6:30- <a href="#">Splash Pad</a>	23 <a href="#">Summer Movie Night (Splash Pad) 7:30PM</a>	24
25	26 4:30-5- Warm up 5-5:30- Cycle 5:45-7- <a href="#">Swimming</a>	27 4:30-5:15- Tumbling/Yoga 5:15- 6:30- Circuit Training	28 4:30-5:15- <a href="#">Dance</a> 5:15-6:30- Kid Pick	29 4:30-5:30- Field Games 5:30-6:30- <a href="#">Splash Pad</a>	30	

- Mondays: [Swim](#) days; kids will need bathing suits and towels from 6-7pm.
- Wednesdays: Kid's [Dance](#) will take place in the Group Fitness Room with Felix McNeill.
- Thursday, June 9<sup>th</sup>, is "[Family Day](#)." We invite families to come learn quick and easy ways to healthy eating habits with Scarlet Brady at the YMCA Outdoor Shelter (by the playground).
- Thursdays: [Splash Pad](#) days; kids will need bathing suits and towels from 5:30-6:30.
- 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.