



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

*** Revised Summer Hours***

4:30pm–7:00pm Mondays

4:30–6:30 Tuesdays–Thursdays

Kindergarten – Age 12

*** June 2018***

Calendar on back →



Club Y.M.C.A for Kids

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>Splash Pad Movie</u>	2 <u>Tri At the Y</u>
3	4 4:30-5 <u>Kids Cycle</u> 5-6 <u>Garden</u> 6-7 <u>Swimming</u>	5 4:30-5:30 <u>Splash Pad</u> 5:15- 6:30 <u>Shelter</u>	6 4:30-5:15 <u>Kids Dance</u> 5:15-6:30-Kid Pick	7 4:30-5:15 <u>Kids Yoga/Tumbling</u> 5:15-6:30 Teen Center	8	9
10	11 4:30-5 <u>Kids Cycle</u> 5-6 National Corn on the Cob Day 6-7 <u>Swimming</u>	12 4:30-5:15 <u>Splash Pad</u> 5:15- 6:30 <u>Shelter</u>	13 4:30-5:15 <u>Kids Dance</u> 5:15-6:30-Kid Pick	14 4:30-5:15 <u>Kids Yoga/Tumbling</u> 5:15-6:30 Monkey Around Day	15	16
17	18 4:30-5 <u>Kids Cycle</u> 5-6 <u>Garden</u> 6-7 <u>Swimming</u>	19 4:30-5:15 <u>Splash Pad</u> 5:15- 6:30 <u>Shelter</u>	20 4:30-5:15 <u>Kids Dance</u> 5:15-6:30-Kid Pick	21 4:30-5:15 <u>Kids Yoga/Tumbling</u> 5:15-6:30 Teen Center	22 <u>Splash Pad Movie</u>	23
24	25 4:30-5 <u>Kids Cycle</u> 5-6 Log Cabin Day 6-7 <u>Swimming</u>	26 4:30-5:15 <u>Splash Pad</u> 5:15- 6:30 <u>Shelter</u>	27 4:30-5:15 <u>Kids Dance</u> 5:15-6:30-Kid Pick	28 4:30-5:15 <u>Kids Yoga/Tumbling</u> 5:15-6:30 Paul Bunyan Day	29	30

- Warm up: 10- 15 minutes of LES MILLS, "Born to Move," will take place in the Group Fitness Center.
- Mondays and Tuesdays: **Swim/ Splash Pad**; kids will need bathing suits and towels from 6-7pm on Mondays & 4:30-5:15pm on Tuesdays.
- Wednesdays: **Kid's Dance** will take place in the Mind & Body Studio.
- Thursdays: Kid's Yoga/Tumbling will take place in the Mind & Body Studio.
- Check the dry erase board in front of the Community Center for our specific location daily. Activities may change according to class size, weather, and availability of facilities.
- 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.