



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

*** March 2018***

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Club Y.M.C.A for Kids March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Game Night 6:30-7 Mile Games	2	3
4	5 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 "Tea for Two" Day 6-7 Swimming	6 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30- Circuit Training 6:30-7 Mile Games	7 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	8 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Game Night 6:30-7 Mile Games	9	10
11	12 4-4:30 Warm Up 4:30-5 Kids Cycle 5-5:45 Garden 6-7 Swimming	13 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30-Circuit Training 6:30-7 Mile Games	14 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	15 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Game Night 6:30-7 Mile Games	16	17
18	19 4-4:30 Warm Up 4:30-5 Kids Cycle 5-6 Palm Sunday Appreciation 6-7 Swimming	20 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30- Circuit Training 6:30-7 Mile Games	21 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	22 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-6:30 Game Night 6:30-7 Mile Games	23	24
25	26 4-4:30 Warm Up 4:30-5 Kids Cycle 5-5:45 Garden 6-7 Swimming	27 4-4:30 Warm Up 4:30-5:15- Racquetball 5:15- 6:30- Circuit Training 6:30-7 Mile Games	28 4-4:30 Warm Up 4:30-5:15 Kids Dance 5:15-6:30-Kid Pick 6:30-7 Mile Games	29 4-4:15 Warm Up 4:15-5 Kids Yoga/Tumbling 5-5:30 Good Friday Appreciation 5:30-7 Family Movie Night - 'Moana'	30	31

- Warm up: 10-15 minutes of LES MILLS, "Born to Move," will take place in the Group Fitness Center.
- Mondays: [Swim](#) days; 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.
- **Thursday, March 29 @ 5:30pm - Family Movie Night-'Moana'** *Popcorn & drink will be provided (other food is allowed).
- Tues-Thursday: [Mile Games](#), kids will bike while playing games in the Teen Center 6:30-7.
- 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.