




youth activity schedule

for fitness plan members

Effective July 1, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>11:00 a.m.-2:30 p.m.</u> Open Swim/ 2 Lap Lanes Pool</p> <p>.....</p> <p>Open swim with 2 lap lanes available. Lap lane priority is given to lap swimmers. Open to all ages. See drop-in pool schedule for more swim times.</p> 	<p><u>5:30-6:30 p.m.</u> Aerobic Agility Room 3</p> <p>.....</p> <p>Aerobic Agility is an all-ages workout that will help kids build coordination and muscle movement. Using only body weight and various equipment, kids will develop balance and agility in a safe manner, gaining skills that will last a lifetime.</p> <p><u>6:00-9:00 p.m.</u> YouthConnect (Ages 11-15) Registration Required</p> <p>.....</p> <p>Free summer activities for youth ages 11-15. Includes swimming, gym activities, basketball, girls basketball league, Zumba, PoundFit, and more! Dinner provided. More info at ywcacm.org/youthconnect.</p>	<p><u>5:30-6:30 p.m.</u> Little Capoeira Warriors (Ages 6+) Room 2</p> <p>.....</p> <p>Capoeira is a Brazilian Martial Art that fuses dance, martial arts, and acrobatics. A padded mat will be available to safely train the younger students. Parents are welcome and encouraged to join in and learn the moves, music, and culture of Capoeira.</p>	<p><u>6:00-9:00 p.m.</u> YouthConnect GIRLS NIGHT (Ages 11-15) Registration Required</p> <p>.....</p> <p>Free summer activities for youth ages 11-15. Includes swimming, gym activities, basketball, girls basketball league, Zumba, PoundFit, and more! Dinner provided. More info at ywcacm.org/youthconnect.</p> 	<p><u>6:00-9:00 p.m.</u> YouthConnect (Ages 11-15) Registration Required</p> <p>.....</p> <p>Free summer activities for youth ages 11-15. Includes swimming, gym activities, basketball, girls basketball league, Zumba, PoundFit, and more! Dinner provided. More info at ywcacm.org/youthconnect.</p>	 <p><u>6:00-7:30 p.m.</u> Family Gym Activities Gym</p> <p><u>7:00-8:30 p.m.</u> Family Swim Pool</p> <p>.....</p> <p>Join us for Family Fun Fridays! Activities include family gym activities and open swim. All activities are for children with an adult. Children under age 18 must be accompanied by an adult age 18 or over. See drop-in pool schedule for more swim times.</p>	<p><u>11:00 a.m.-2:30 p.m.</u> Open Swim/ 2 Lap Lanes Pool</p> <p>.....</p> <p>Open swim with 2 lap lanes available. Lap lane priority is given to lap swimmers. Open to all ages. See drop-in pool schedule for more swim times.</p>

Shaded activities are supervised by YWCA staff. No adult supervision required.

Pool Swim Descriptions

Family Swim: Children with adults. Children under age 18 must be accompanied by an adult age 18 or over.

Lap Swim: Swimming in designated lanes. Open to men, women, and youth ages 13 & over.

Open Swim: Open to all ages

Open Swim/ 2 Lap Lanes: Open swim with 2 lap lanes available. Lap lane priority is given to lap swimmers. Open to all ages.

Fitness Class Descriptions

Aerobic Agility: An all-ages workout that will help kids build coordination and muscle movement. Using only body weight and various equipment, kids will develop balance and agility in a safe manner, gaining skills that will last a lifetime.

Family Gym Activities: Kids and parents can play along in various structured sports and games. Children under 18 must be accompanied by an adult age 18 or over.

Little Capoeira Warriors: A Brazilian Martial Art that fuses dance, martial arts, and acrobatics. A padded mat will be available to safely train the younger students. Parents are welcome and encouraged to join in and learn the moves, music, and culture of Capoeira.

YouthConnect: Free summer activities for youth ages 11-15. Includes swimming, gym activities, basketball, girls basketball league, Zumba, PoundFit, and more! Dinner provided. More info at ywcacm.org/youthconnect.

Strength and Cardio Center: The Strength and Cardio Center is available to Youth Fitness Plan Members. Youth ages 10–12 must be supervised by a parent or guardian. Youth ages 13–17 have independent access.

Pool: See drop-in pool schedule for more swim times.

Age and Supervision Requirements

Youth 6–12 Years:

Adult (18 and over) must accompany at all times.

Youth 13–17 Years:

No supervision required.

