



# Family Calendar

## January 2011

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 PMO 9-12	7 Community Day 10-3. Open for all!
8	9 S.P.A.R.K. 4-6 PM	10 PMO 9-12	11 G.E.K.O. 9:30-10:25 AM  S.P.A.R.K. 4-6 PM	12	13 PNO 6:30-10 pm	14
15	16 S.P.A.R.K. 4-6 PM  Holiday Camp 7:30am- 6:00pm	17	18 G.E.K.O. 9:30-10:25 AM  S.P.A.R.K. 4-6 PM	19	20 PMO 9-12  Middle School Night! 6:30- 10 pm	21
22	23 S.P.A.R.K. 4-6 PM  Holiday Camp 7:30am- 6:00pm	24 Holiday Camp 7:30am- 6:00pm	25 G.E.K.O. 9:30-10:25 AM  S.P.A.R.K. 4-6 PM	26	27 PMO 9-12	28
29	30 S.P.A.R.K. 4-6 PM	31				

# Family Programs

**Stay & Play** A variety of activities keep children ages 6 weeks to 8 years entertained while parents enjoy their workout. Offering a safe environment for children to enjoy, there is a daily two-hour limit for this service

**Family Game Night** Are you the BINGO champ? This night is dedicated to family fun with games such as BINGO, UNO, card games, Connect Four and more! Ages 5 & up. Smaller siblings can have fun of their own in Stay & Play during this time.

**G.E.K.O.—Group Exercise for Kids Only—**Every Wednesday at 9:30 until 10:25 Parents may drop their children aged 1-5 in Stay & Play to let them have their own Group Exercise class. Activities will be in Studio B.

**Middle School Night** Lots of fun to be had for children ages 11-14. Activities will include pool, gym games and I-Zone play. Cost: \$3 Members, \$5 Potential Members. Pizza and drink included!

**Open Family Gym** Come enjoy shooting hoops with your child or a game of kick ball. The gymnasium will be for families with all the materials to enjoy some quality active game play. Sundays from 3:00pm-5:00pm.

**Parent's Morning Out** Pamper yourself, run those errands, or just get a moment to yourself! Our YMCA Child Care staff will provide fun activities designed especially for your child. Cost: \$10

**Parent's Night Out** Enjoy a night out while the kids are safe enjoying a night of fun at the YMCA. Offered the second Friday of the month from 6:30pm-10:00pm. Included in Family Memberships.

**S.P.A.R.K.** Sports, Play and Active Recreation for Kids is a program designed to engage children ages 6-12 in an active lifestyle. During the program, they will learn exercises and activities that will keep them fit for life. We will also offer a space and time for homework.

For more information on these events contact:

Ryan Henderson, Family Services Coordinator

or

Laura Kirby, Membership Director

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