



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GAME ON

## Interactive Zone

Get a full body workout while having fun! Our Interactive Zone keeps youth and teens active and excited about fitness.

### Hours of Operation

Monday, Wednesday, Friday	3-8:30pm (school year)
Tuesday, Thursday	12-8:30pm (school year)
	8am-8:30pm (summer)
Saturday	8am-5:30pm
Sunday	11:30am-5:30pm

Extended hours are available when Chesapeake Public Schools are not in session.

### Other Fun Youth Fitness Activities

#### SPARK for ages 6-10

##### Sports, Play, and Active Recreation for Kids

Tuesday	12-12:30pm
	6:15-6:45pm
Wednesday	6:15-6:45pm

#### Zumbatomic

Monday	5-5:30pm (ages 5-7)
	5:40-6:10pm (ages 6-12)
Thursday	5:30-6pm (ages 4-7)
	6:20-6:50pm (ages 6-12)



### TAYLOR BEND FAMILY YMCA

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