

FAMILY ACTIVITIES

Programs for Kids 6 and Under



SNACK & STORYTIME AGES 6 AND UNDER

Join us in the Healthy Living Kitchen for storytime and a healthy snack! Kids will get to enjoy a story from Miss Tiff and a themed snack. Depending on the week, kids may have the opportunity to make/assemble their own snack.

Children must be accompanied by an adult.

EVERY THURSDAY 10:00a.m. - 11:00a.m.



TODDLER TIME AGES 6 AND UNDER

Looking for a way to entertain your little one? Bring them to the YMCA to jump, tumble and play! The best part? Toddler time is FREE for Members and only \$5.00 for Non-Members!

There is no need to register in advance. Children must be accompanied by an adult.

TUESDAYS AND THURSDAYS 11:00a.m. - 12:00p.m.



KIDS' ZONE AGES 6 MONTHS - 10 YEARS

We provide your child with high quality care while you participate in YMCA classes, programs, or work out your own. Kids' Zone provides a safe experience involving games, stories, and free play.

Socks must be worn at all times. Please remove shoes upon entering. Please provide any snacks, bottles, and other items needed to care for your child. Children must be an active member to participate.

MON - FRI 8:00a.m. - 11:00a.m. | MON - THUR 4:00p.m. - 7:00p.m. | SAT 7:30a.m. - 11:00a.m.



WIGGLES & GIGGLES AGES 6 AND UNDER

At the YMCA, we believe healthy habits start early! In Wiggles & Giggles class, your child will have a blast wiggling and moving, while also learning simple yoga and breathing exercises to introduce mindfulness. It's the perfect balance of fun, energy, and calm, helping kids build healthy habits for both body and mind.

Adult supervision and participation are required and encouraged in this class!
EVERY OTHER FRIDAY 10:00a.m. - 10:30a.m. Scan the QR Code for available classes!



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TINY TOTS AGES 18 MONTH - 3 YEARS

Tiny Tots gymnastics classes are a fun way to introduce your child to gymnastics while also spending time together. Classes can help your child develop motor skills, coordination and balance, while also teaching important social skills. Classes include warm-ups, stretches, group activities and basic gymnastics skills.

Adult participation is required.

WEDNESDAY 6:00p.m. - 6:30p.m. | SATURDAY 9:00a.m. - 9:30a.m.



ROLLERS AGES 3-5

Prepare your little one for gymnastics in a welcoming and understanding environment! Basic beginner gymnastics are taught using the bars, beam, trampoline and springboards. Parents are encouraged to use the seating area by the gym windows to stay and watch their kids have fun!



MONDAY 6:00p.m. - 6:30p.m. | TUESDAY 4:00p.m. - 4:30p.m.
TUESDAY 4:30p.m. - 5:00p.m. | THURSDAY 4:00p.m. - 4:30p.m.
THURSDAY 4:30p.m. - 5:00p.m.

PARENT & CHILD SWIM LESSONS AGES 2 AND UNDER

Stage A: Introduce your child to the aquatic environment. Learn how to safely work with your child using music, games, and various instructional tools.

Stage B: Building on skills learned during stage A, this class focuses on exploring body positions, blowing bubbles, and fundamental safety. Swim diapers are required for non-potty trained children.

Adult participation is required.

TUESDAY 5:00p.m. - 5:30p.m. | THURSDAY 5:15p.m. - 5:45p.m.

