



FUN FIT & GROW

YOUTH & TWEEN FITNESS SCHEDULE NORTH AREA FAMILY YMCA

September 3–January 6 rev 2

Monday	Ages	Class	Studio
5:00 - 6:00 pm	Ages 5*-12	Power Zone	PreK/ MPR
*6:00 - 8:00 PM		*Power Zone InterACTION– Video Game competition	MPR
Tuesday		Class	Studio
5:00 - 8:00 pm	Ages 5*-12	Power Zone	PreK
Wednesday		Class	Studio
5:00 pm - 8:00 pm	Ages 5*-12	Power Zone	PreK
Thursday		Class	Studio
5:00 pm - 8:00 pm	Ages 5*-12	Power Zone	PreK
6:00 pm - 8:00 pm	Ages 8-11	Family Wellness in Fitness Center (Access to Cardio Equipment w/a parent)	Fitness Center
Friday		Class	Studio
9:30am — 10:15am	Ages 1-2	Mommy and Me 2	MPR
5:00 pm - 8:00 pm	Ages 5*-12	Power Zone	PreK
6:00 pm - 8:00	Ages 8-11	Family Wellness in Fitness Center (Access to Cardio Equipment w/a parent)	Fitness Center
6:00 pm– 7:30pm	Ages 5+	Powerzone InterACTION– Sensory exploration	MPR
Saturday		Class	Studio
12:00 pm - 6:00 pm	Ages 8-11	Family Wellness in Fitness Center (New Hours) (Access to Cardio Equipment w/a parent)	Fitness Center
Sunday		Class	Studio
12:00 pm - 5:00 pm	Ages 8-11	Family Wellness in Fitness Center (New Hours) (Access to Cardio Equipment w/a parent)	Fitness Center

**** Power Zone:** Children ages 5-7 years old must be registered by parent or guardian into prime time program and then escorted by Prime time staff to the Power Zone room. Children 8+ years must sign in when entering and leaving

Power Zone InterACTION is held in the Multi-Purpose room where kids can play physical video games together for fun on Mondays and Friday for sensory exploration. Children between 5 and 7 years old will be escorted by staff to the multi-purpose room. The regular Power Zone room will be closed between the hours of 6pm till 8pm on Monday evenings.

**8 is Great Class, ages 8+, 5:00–6:00pm
Sept. 13, Oct. 18, Nov. 15 or Dec. 13**
A class for new members and new 8 year olds to learn about the YMCA, from facility rules to areas to run and play. Free for members only, register at membership desk.

**Staying Home Alone Course, ages 8-12,
9am– Noon—Oct. 13 or Dec 15**
Prepare your tween to stay home alone with this overview of basic responsibility guideline, house rules, first aid safety and recipes. Members \$15/Non-Members \$25 Register at membership desk.