



FUN FIT & GROW

YOUTH & TWEEN FITNESS SCHEDULE

NORTH AREA FAMILY YMCA

Liverpool 315-451-2562

January 7-March 31

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
5:45-6:30 pm	Ages 8+	Youth Yoga (NEW CLASS) (BEGINS 1/22)	MPR
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 (NO CLASS ON 2/22)	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
Jan 10, Feb 7, March 7, April 5
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

Staying Home Alone Course, ages 8-12,
9am- Noon-March 2 and June 1
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