

youth activity schedule

For Youth Fitness Plan Members
Effective November 1, 2015

See reverse side for activity descriptions.
Note: All activities on this schedule are open to youth 6 years and older unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>11:00-2:30 p.m.</u> Open Swim/ 2 Lap Lanes	<u>2:30-6:30 p.m.</u> Open Swim/ 2 Lap Lanes <u>5:30-6:30 p.m.</u> Hoop Dee Doo Room 3	<u>5:30-6:30 p.m.</u> Teen Boxing Conditioning Room 2 <u>6:00-6:30 p.m.</u> Open Swim/ 2 Lap Lanes	<u>5:30-6:30 p.m.</u> Acroyoga Room 1 <u>6:30-7:30 p.m.</u> Youth Zumba Room 1	<u>5:30-6:30 p.m.</u> Teen TRX Gym <u>6:00-6:30 p.m.</u> Open Swim	<u>6:00-8:00 p.m.</u> Family Fun Friday Gym <u>7:00-8:30 p.m.</u> Family Swim Pool	<u>9:00-11:00 a.m.</u> Creative Minds, Healthy Bodies *Registered Class <u>11:00-2:30 p.m.</u> Open Swim/ 2 Lap Lanes <u>3:00-4:00 p.m.</u> Open Swim
		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Additional swim times and pool activities available, please see pool schedule. </div>				

Shaded activities are supervised by YWCA staff. Adult supervision not required.

Age & Supervision Requirements

Youth 6 - 12 years:

Adult (18 & over) must accompany at all times.

Youth 13 - 17 years:

No supervision required.

Pool Swim Descriptions

Deep Water Dip: Swimming in the deep end of the pool only. The shallow end of the pool is in use for classes.

Family Swim: Children with adults. Children under age 18 must be accompanied by an adult age 18 or over.

Lap Swim: Swimming in designated lanes. Open to men, women and youth, ages 13 & over.

Open Swim: Open to all ages (includes infants, preschoolers, youth, teens and adults).

Open Swim/ # Lap Lane: Open Swim with 1 to 3 lap lanes available. Lap lane priority is given to lap swimmers.

Supervised Open Swim: Open swim ages 6-17. *Parents with children welcome.*

Fitness

Acroyoga: A playful mixture of yoga, thai massage and acrobatics. This class builds strength, balance, communication and trust. Class commitment is strongly encouraged, as skills build in each class. Teens 13-17.

Family Fun Friday: Come in and enjoy family activities in the gym and open swim for youth with a parent or guardian. Everyone is welcome, no fees!

Hoop Dee Doo: This youth class encourages healthy and active lifestyles by combining the fun of circus skills with aerobics, coordination, strengthening and stretching exercises. The fun will include: hula hooping, juggling performance art and more! The only requirement for this class is the desire to have fun.

Teen Boxing Conditioning: A high intensity workout combining strength training and cardio to help develop endurance, speed, flexibility, coordination and balance. Students will learn no-hit boxing techniques such as jabs, hooks and uppercuts. This class improves focus and self-discipline.

Teen TRX: TRX for teens is an exciting all body workout using leverage and body weight to develop coordination, flexibility, balance and stability on resistance equipment. Learn how to manipulate different muscle groups, increase focus and develop your own workout routine. This is a progressive class to accommodate a variety of skill levels.

Youth Zumba: A workout that mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco and calypso. The routines feature aerobic interval training with a combination of fast and slow rhythms. Perfect for kids and teens. Ages 6 and up!

Registered Classes

Creative Minds, Healthy Bodies: This class promotes creative development through activities in movement, interactive game play and visual arts. Activities include, circus arts, kids yoga, hip hop dance, arts and crafts and acrobatics and tumbling. Each six week session focuses on a new theme. Please see the front desk for details and program fees.