

# DOWNTOWN YMCA FALL YOUTH AND FAMILY

Effective 09/03/19 - 12/21/19

FUN FIT	AGES	MON	TU	WED	TH	FR	SA	SU
Your child will enjoy fun, engaging, structured games and activities, while making new friends, staying active, and having fun! Through this free program your child will also practice the YMCA core values of Caring, Respect, Honesty & Responsibility.	6-12	5:30— 8:30P	5:30— 8:30P	5:30— 8:30P	5:30— 8:30P			
This is not a licensed child care program. Participants may only attend one day per week.								

**FEES: FREE TO Y MEMBERS**

**Attire:** Comfortable and appropriate play clothes.

**MARTIAL ARTS:**

**Beginner:** ages 8+ | 60-min | Mon. and/or Thurs. 6:30P

**Advanced:** ages 8+ | 60-min | Mon. and/or Thurs. 6:30P

**Fees:** \$27/1 class per week | \$54/2 classes per week

Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.

For more information, contact the Youth and Family Director at: [rebecca.crawford@ymcawichita.org](mailto:rebecca.crawford@ymcawichita.org) or 316.264.9374 ext. 8006

# YOUTH AND FAMILY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



At the Greater Wichita YMCA, we are about community and providing fun opportunities for families. Whether it's playing basketball together, enjoying the pool, or a safe place for your child to play and make new friends, we know we can be the favorite choice for you and your family.

## **MOM'S DAY OUT:** ages 2-5 year-round | June-July ages 6-10

Activities like gym games, swimming, arts and crafts, playtime, stories and snack will give your child a fantastic day at the Y! Your child will get the opportunity to make new friends while developing their social skills. Sack lunch, swim suit and towel required.

See back of flyer for details. Register 1 session per week for 4 weeks. A minimum of 5 kids, per session, is required to host Mom's Day Out.

## **PARENT'S NIGHT OUT:** ages 2-10

Date night can be fun for everyone! Bring your kids to the Y and let us entertain them for you. Kids will enjoy arts and crafts, a movie, recreational activities, swimming, pizza and a healthy snack. Swim suit and towel required. See back of flyer for details.

## **FUN FIT:** ages 6-12

Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! See back of flyer for details. FREE with your family membership.

## **GROUP EXERCISE:** ages 9-12 with a parent/guardian

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, and more. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. FREE with your family membership.

## **FAMILY RECREATION:** all ages

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times. Schedules for open swim and open gym times are available at [ymcawichita.org/group-exercise-schedule](http://ymcawichita.org/group-exercise-schedule) or at any YMCA location. FREE with your family membership.

## **MARTIAL ARTS:** ages 5+

Enjoy this fun activity that's great for kids and the whole family. Improve your self-confidence, self-control, concentration, coordination, reflexes and overall health as you learn self-defense techniques. Uniforms and testing are optional for all YMCA Martial Arts classes. Taekwondo and Karate are offered at varying locations. See back of flyer for details.

**DID YOU KNOW?** Youth ages 13+ can utilize most YMCA services including the indoor track, fitness centers (some equipment limitations apply) and group exercise classes.

## **FINANCIAL ASSISTANCE:**

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-based financial assistance are available at any YMCA location or online at [ymcawichita.org](http://ymcawichita.org).