

# 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.

## **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.

**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).

## **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.

**Taekwondo:** ages 8+ | 60-min | Tuesday 6:30P

**Family:** ages 8+ | 60-min | Thursday 6:30P

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

Updated 07/19/2019