



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY/ YOUTH PROGRAMS SCHEDULE

## EAST VALLEY FAMILY YMCA

March 2017 - JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 - 11:30 am <b>1, 2, 3 Grow</b> Kids Club 2 6mo-3 y/o	04:15 - 08:00 pm <b>Tae Kwon Do \$</b> Inspiration Room 5+ y/o	10:30 - 11:30 am <b>1, 2, 3 Grow</b> Kids Club 2 6mo-3 y/o	04:15 - 08:00 pm <b>Tae Kwon Do \$</b> Inspiration Room 5+ y/o	04:45 - 08:00 pm <b>Tae Kwon Do \$</b> Inspiration Room 5+ y/o		10:00 - 12:00 pm <b>Rock Wall \$</b> Climbing tower 3+ y/o
06:30 - 07:15 pm <b>Youth Boot Camp</b> Inspiration Room 3-6 y/o		05:15 - 06:00 pm <b>Kids Yoga</b> MP2 3-12 y/o	05:30 - 06:30 pm <b>Bollywood Kids</b> MP2 3-12 y/o	05:15 - 06:00 pm <b>Kids Yoga</b> MP2 3-12 y/o		
05:30 - 07:30 pm <b>Rock Wall \$</b> Climbing tower 3+ y/o		05:30 - 06:15 pm <b>Youth Boot Camp</b> Inspiration Room 3-6 y/o				
		05:30 - 07:30 pm <b>Rock Wall \$</b> Climbing tower 3+ y/o				

### CLASS DESCRIPTIONS

**123 Grow:** This movement education class includes free play, circle time, and music/ story time. Parents participate with their children.

**Kids Yoga:** Children come together to enjoy a variety of poses. Improve flexibility. With Kids Yoga.

**Rock wall:** Enjoy a fun adventure climbing our Kuzia Climbing tower. Parent/ guardian must accompany child and present valid membership card or photo ID. All climbers must sign a liability waiver.

**\$ Tae Kwon Do:** Youth will learn self- defense, self-confidence and self discipline with the typical curriculum of forms, sparring, and breaking.

**Youth Boot Camp:** This freestyle class is based on class needs and style of instructor. Team activities may be included in this class .

**Bollywood Kids:** Enjoy a fun easy-to-follow Bollywood cardio workout combining dynamic choreography with dance inspired music from around the world.

### CHILDREN UNDER 3

Children under 3 need a guardian present in every program.

**KEY**      \$ Fee Based Program

Last updated 03/14/17