Don’t miss out on our great family programs!

Play and Learn

Children ages 0–5 learn how to transition from activities and participate in circle time, as parents learn how to engage children in reading. Children and parents will sing and dance, developing rhythm while building vocabulary. Each class incorporates fine motor skills development and are led by trained volunteers from the Community Health Awareness Council in partnership with the FIRST 5 Learning Together Initiative. Classes meet on the 2nd Wednesday of the month, from 10:00am–11:30am.

Adventure Guides

At the Y, we are committed to strengthening family bonds and nurturing youth development through programs that bring your family together in fun, adventurous settings. Adventure Guides launches fathers and their children in Kindergarten through 6th grade on a journey of discovery, with your child as the explorer and you as the guide. Together, you’ll enjoy age-appropriate adventures such as games, crafts, songs, stories, overnight trips, skating, white water rafting and more. Groups are organized by school or neighborhood, with one meeting and one weekend activity per month. You can join an existing group or start a new one.

For more information, contact Danielle Bowman at 408-351-2430 or danielle.bowman@ymcasv.org

Open to Program and Facility members. Extra registration/payment required per event.

Parent’s Night Out

We offer Parent’s Night Out once per month to allow moms and dads the opportunity to enjoy an evening out while the kids have fun at the Y. Each night includes an exciting themed event with high-active games, arts and crafts, dinner and a snack. Date night has never been this exciting for you and the kids!

Saturday, January 25
3:30 – 7:30 pm
Theme: Winter Wonderland
Movie: Frozen

Saturday, February 15
3:30 – 7:30 pm
Theme: Valentine’s Pajama Party
Movie: Tangled

Saturday, March 21
3:30 – 7:30 pm
Theme: Bug Exploration
Movie: Bug’s Life

Register at the Membership Desk at least 24 hours before the event. Cancellations must be made in writing 24 hours in advance, in order to receive a 50% refund. Children must be at least 12 months old to attend Parent’s Night Out.

FACILITY HOURS

Monday – Friday
6:00 am - 10:00 pm
Saturday & Sunday
7:00 am - 8:00 pm

KID’S CLUB HOURS

Monday – Friday
8:45 am - 1:15 pm
3:30 pm - 8:45 pm
Saturday & Sunday
8:00 am - 12:30 pm

QUESTIONS?

Contact the Front Desk
408-351-2400
nwymca.org
**YOUTH DEVELOPMENT AT OUR WELLNESS CENTER**

As a member of the Northwest YMCA you are entitled to three free Wellness Coaching/Orientation sessions. Our Wellness Coaches share instruction and emphasize technique and safety to begin your fitness journey and acquaint you with Y programs. Contact the Wellness Center at 408-351-2440 to schedule an appointment.

**AVAILABLE TO AGES 8 AND OLDER**

**Exercise Equipment**
- Ages 8-11 must complete our Kids Cardio Orientation before using cardio equipment.
- Ages 8-9 need supervision by a parent or guardian while using cardio equipment.
- Ages 10-11 need to have a parent or guardian present in the Y while using cardio equipment.
- Ages 12+ can use machines that have weights

**AVAILABLE TO AGES 8 AND OLDER**

Group Exercise Classes
- Ages 8-9 need supervision by a parent or guardian in class
- Ages 10-11 need to have a parent or guardian present in the Y while taking the class
- Ages 12 and up can take classes on their own
- Ages 14 and up can take classes uses weights. (Body Pump etc.)