



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA FAMILY PROGRAMS

2018 WINTER SESSION: January 7 - March 3*

*Some programming runs on a different session schedule. See description for more information.

Family Fitness

Come spend Mondays with us! Families will engage in play, education, exercise, exposure to sports and fitness. Best of all- you will do it together as a family! Best for ages Kindergarten and up.

Monday: 6:30-7:30 pm

Member: FREE

Family Fun Fridays

Enjoy the bounce house and night of family fun at the Y!

January 5, February 2, March 2: 5:30-8:00 pm

Member: FREE • Non member: \$5/family



FAMILY PROGRAMMING CONTACT:

Contact the Southwest YMCA Welcome Center
Visit or call: 402-334-8487

REGISTRATION OPENS - Members: December 11 • Non members: December 15
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org