



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA FAMILY PROGRAMS

2018 SPRING SESSION: March 4–April 28*

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

Family Fitness

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: Drop in fee

Family Pickleball (8 years and up)

Play pickleball as a family in our gym.

Tuesday: 5:30–7:30 pm

Member: FREE



FAMILY PROGRAMMING CONTACT:

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

REGISTRATION OPENS – Members: February 19 • Non members: February 23
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org