



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA FAMILY PROGRAMS

## Birthday Parties

Come celebrate with us! Party includes one hour in the party room and one hour in the pool or bounce house room, one large pizza, juice for each child, and plates.

**Friday: 6:00–8:00 pm**

**Saturday: 12:00–2:00 pm; 2:00–4:00 pm**

**Sunday: 1:00–3:00 pm**

Member: \$140 • Non member: \$175

Contact Nicole Parker:

402-339-9861 • nparker@metroymca.org

## Family Fitness Friday Nights (kids & adults)

Enjoy an hour of fun physical activity with the whole family!

**1st Friday of the month: 5:30–6:30 pm**

Included with your membership!

## Open Swim

Goggle up! Enjoy a fun time in the zero entry pool which features a water mushroom and slide.

**Please see the Sarpy YMCA Pool Schedule online or at the Y for family open swim times.**

Included with your membership!

## Open Gym

Come shoot some hoops or pass a volleyball around during open gymnasium.

**Please see the Sarpy YMCA Gym Schedule online or at the Y for open gym times.**

Included with your membership!



**FAMILY PROGRAMMING CONTACT:**

Sarpy YMCA • 402-339-9861

Register at the Sarpy YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)