



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA FAMILY PROGRAMS

SPRING 2019

Family Pickleball (8 years and up)

Play pickleball as a family in our gym.

Tuesday: 5:30–7:30 pm

Member: FREE

First Friday Family Fun Night (all ages)

We will have games, crafts, and snacks for the whole family.

First Friday of the month: 6:00–8:00 pm

March 1: March Madness

April 5: Spring Fling

Member: FREE

Family Fitness (best with school aged children)

Come spend Mondays with us! Families will engage in play, education, exercise, exposure to sports and fitness and best of all—do it together!

Mondays: 6:30–7:30 pm

Member: FREE



FAMILY PROGRAMMING CONTACT:

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

Register at the Southwest YMCA Welcome Center or online: www.metroymca.org