



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA FAMILY PROGRAMS

FIRST SUMMER SESSION 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.

Contact Rachel for more information.

First Friday of the month:

May 3 (Fiesta Frenzy): 6:00-8:00 pm

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 (Ends May 6)

Member: FREE



FAMILY PROGRAMMING CONTACT:

Rachel Lowe, Youth & Family Director
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Register at the Southwest YMCA Welcome Center or online: www.metroymca.org