



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

SECOND SUMMER SESSION 2019: June 30–August 24*

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

Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

By appointment only.

Members: \$55/child (solo) or \$25/child, plus \$10 each additional for families/groups

Birthday Parties (1–15 years)

Host your next party at the Downtown YMCA! Our three party packages to choose from are Bounce House, Pool and Sports Parties. Each party includes a host and a party room perfect for pizza and cake!

Saturday: 12:00–2:00 pm or 2:00–4:00 pm

Sunday: 12:00–2:00 pm or 2:00–4:00 pm

Member: \$150/12 children • Non member: \$175/12 children

Kid Friendly Group Exercise Classes

Group exercise schedule is TBD, but the classes that youth can participate in include: Yoga, Barre/Pilates, Core and More, Mixxedfit, Aqua Zumba, Aquacise, Deep Water, Dancefit. For safety reasons, children 8–11 years old must be accompanied by an adult. Ages 12+ may attend on their own.

See the Group Exercise schedule for available classes.

Included with your membership.

Parent's Night Out (ages 4–12 years)

Drop your child off at the YMCA to have a great time while Mom and Dad enjoy some time alone.

July 19, August 16: 5:00–9:00 pm

Member: FREE • Non member: \$15

Parent's Night Out: Babies Edition (ages 1–3 years)

Drop your infant off at the YMCA to have a great time while Mom and Dad enjoy some time alone. Registration opens the first of the month.

July 19, August 16: 5:00–9:00 pm

Member: \$20 • Non member: \$30



•• YMCA SUMMER CAMP ••

**It's not too late! Register for
YMCA Summer Camp NOW at any location.**

Check out all our camps, including Day Camp, Specialty
Camps & Camp Platte: metroymca.org/camp.

YOUTH PROGRAMMING CONTACT:

**Christian Schwab, Youth & Family Director
402-977-4297 • cschwab@metroymca.org**

**REGISTRATION OPENS – Members: June 17 • Non members: June 21
Register at the Downtown YMCA Welcome Center or online: metroymca.org**