



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

FIRST FALL SESSION 2019

Harvest Party Extravaganza! (All ages)

Join us for an evening full of family holiday harvest fun! We will have Fall fun for all ages, including, crafts, games, and snacks!

Friday, October 4: 6:00-8:00 pm
FREE for the community!

Birthday Parties (1-12 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

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.

September 20, October 18: 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.

September 20, October 18: 5:00-9:00 pm
Member: \$20 • Non member: \$30

Kid Friendly Group Exercise Classes

Group exercise schedule is posted at the Welcome Center but the classes that youth can participate in include: Yoga, Barre/Pilates, Core and More, Mixxedfit, Aqua Zumba, Aquacise, Deep Water, and Dancefit. Ages 12+ may attend on their own.

See the Group Exercise schedule for available classes.
Benefit of being a member - included with your membership!

School's Out Fun Club (ages 5-12 years; must have completed kindergarten)

When school is out, the YMCA is the place to be! We have lots of fun activities planned, including games, crafts, and S.T.E.M. activities!

6:30 am-6:00 pm
Friday, September 20
Monday, September 23
Thursday, October 24
Friday, October 25
Member: \$30/day • Non member: \$40/day

YOUTH PROGRAMMING CONTACT:

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

REGISTRATION OPENS - Members: August 12 • Non members: August 16
Register at the Downtown YMCA Welcome Center or online: metroymca.org