



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA FAMILY PROGRAMS

## Birthday Parties (all ages)

Come celebrate with us! Party includes 1 hour in the party room and 1 hour in the pool or bounce house room, 1 large pizza, juice for each child and plates. Questions? Contact Cassie Wertz at [cwertz@metroymca.org](mailto:cwertz@metroymca.org) 402-339-9861

Friday: 6:00-8:00 pm

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

Sunday: 1:00-3:00 pm

Member: \$140 • Non member: \$160

## Family Fitness (kids & parents)

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

**Please see the current group exercise schedule for class days/times.**

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!

**Stop by the Welcome Center to pick up a copy of the Sarpy YMCA Family Events calendar! We have many events planned throughout the year!**



**FAMILY PROGRAMMING CONTACT:**

Sarpy YMCA • 402-339-9861

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