



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

SPRING SESSION 2020

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.

April 17: 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.

April 17: 5:00-9:00 pm

Member: \$20 • Non member: \$35

Childwatch (ages 6 weeks-8 years)

Drop in childcare for your child while you use the YMCA.

Monday-Friday: 8:00 am-1:30 pm, 4:15-8:15 pm

Saturday: 8:00 am-12:00 pm

Member: FREE • Non member: \$4/hour

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, April 10

Monday, April 13-Friday, April 17

Member: \$30/day • Non member: \$40/day

Sip & Paint (ages 3 & up)

Bring the whole family for a fun, relaxing evening of painting canvases and drinking lemonade! You must pre-register at the Welcome Center by Thursday, April 2. Contact Christian Schwab for more details: cschwab@metroymca.org or 402-977-4297.

Friday, April 3: 6:00-8:00 pm

Member: \$5 • Non member: \$10



•• YMCA SUMMER CAMP ••

Summer will be here before you know it! 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

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