

FAMILY PROGRAMS

Birthday Party

Two hour birthday party for children 4 and up, includes room rental and pool admission for 12. East hours: Saturday from 1:00 to 3:00pm or 3:30 to 5:30pm and Sunday 1:30-3:45pm. Northeast and West hours: Saturday and Sunday 1:30-3:45pm. Call to schedule!

See brochure for more information.

East/Northeast

Saturday	Basic Party	M \$ 55	P \$ 95
	Deluxe Party	M \$ 98	P \$155
Sunday (includes inflatable)	Basic Party	M \$ 70	P \$110
	Deluxe Party	M \$115	P \$170

West

Saturday and Sunday	Basic Party	M \$ 55	P \$ 95
	Deluxe Party	M \$ 98	P \$155
	Supreme Party	M \$160	P \$210

Family Prime Time

Families can take advantage of open swim, basketball, and kids obstacle course equipment in the gym. At the West YMCA, open swim begins at 6:30pm.

East/Northeast	Fridays	6:30-8:30pm
	Sundays	1:30-3:30pm
West	Fridays	4:30-8:30pm

Famous Footwear

Proud sponsor of Family Prime Time

Family Yoga

Relax, stretch, play as a family! Yoga based exercise for kids ages 5 through adult.

East

SU	Ages 5-Adult	3:30-4:15pm
	1Adult + 1Child	M \$76
	Additional Member	\$38

Family Log Rolling

This century's old talent of walking on a log has evolved into a fun and exciting sport. Attempt to roll your counterpart off the log and into the water. Must be able to swim 25 yards continuously to ensure class safety.

East

SU	All Ages	5:00-5:45pm
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Northeast

TH	All Ages	5:30-6:15pm
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West

F	All ages	6:30-7:15pm
F	All ages	7:15-8:00pm
SA	All ages	4:00-4:45pm
		M \$40 P \$80

Family Sign

A more intense class extending further than the basics of American Sign Language. Everyone welcome! Important, fun and educational for the whole family!

East

TH	All Ages	6:15-7:30pm
		M \$70 P \$90

Family Knitting

Learn basic knitting skills. You will learn casting on, the knit and purl stitch. You will begin basic projects which may include; hats, scarves, baby blankets, and bags. Supply list will be handed out the first week of class. Yarn will be provided.

West

SA	All Ages	9:30-10:30am
	Family (1 adult & 1 child)	M \$50 P \$70
	each additional person	\$20

Family Fitness

East/Northeast

Active games and fitness activities to engage the family. Check fitness schedule for times. M FREE

Family Wellness Series

A community collaboration with St. Mary's Hospital Northeast

During this series of seminars and activity sessions you will learn survival skills for healthy families!

This series begins in September and will:

- Develop and enhance parenting skills
- Provide a support group of other families in the area
- Provide the opportunity to ask questions of experts in the field
- Educate you on healthy guidelines for your family
- Address your own real-life problem areas
- Offer family exercise opportunities led by a YMCA fitness staff and give you ideas of activities you can do with your whole family at home

During parent seminars, interactive child learning about health and nutrition will be provided by St. Mary's for ages 4-12.

On activity days, the whole family will be participating together in something active led by a YMCA staff. Please dress for activity.

Specific information with dates and subjects will be sent via our e-newsletter and posted on our website.

For more information contact Janelle @ 834-4373 ext 6015.

Building/Pool Supervision of Children

The YMCA requires that all children under the age of 7 have adult supervision at all times.

- * Children ages 6 and under must be actively supervised by an adult guardian **in the water** within arms reach. One adult needs to be present for every 2 children under age 7.
- * Children ages 7-8 who do not pass the deep water test must be actively supervised by an adult guardian in the pool area.
- * Children ages 9-15 may be in pool area without an adult.
- * Persons under the age of 18 must pass the deep water swim test to go into the deep end of the pool.

FAMILY EVENTS

SEPTEMBER

West Zumba Party

September 25 11:00am-1:00pm

YMCA Activate Dane County

Get active this fall at the YMCA!

Free special activities on Friday, September 24 from 6:30-8:00pm during our community-wide open house at all three branches. **It's FREE for everyone! Bring a friend!**

Friday, Sept. 24

Special Activities at all branches 6:30pm -8:00pm

Free tours and facility use will continue all day on Saturday and Sunday.

Saturday, Sept. 25 6:00am -7:00pm

Sunday, Sept. 26 9:00am -7:00pm

M FREE P FREE

OCTOBER

Family Halloween Party

Our Halloween party will include games, music and fun. Wear your costume, and enjoy a fun evening with your family!

East/Northeast/West

F Oct. 22 6:30-8:00pm

Children under 2 w/adult FREE!

Pre-register by noon day of M \$3.00/child P \$6.00/child

After noon or at the door M \$5.00/child P \$8.00/child

Sun Prairie Haunted House

Are you ready to be scared?

If so come join us for the annual YMCA Sun Prairie Youth Center Haunted House. Once again we bring the community together to raise money in support of the Sun Prairie Youth Center by opening our doors to Sun Prairie's Most Haunted. You'll have plenty of chances to be scared during the month of October. If you don't have the stomach for the scary stuff we invite you to check out our kid friendly matinee.

Adult volunteers needed! Contact Seth at 834-4373 ext. 6026

All proceeds benefit the YMCA Sun Prairie Youth Center.

Location: Call Sun Prairie Youth Center at (608) 825-4303

October 15, 16, 22-23, 28-31 6:30-11:00pm

www.sunprairiesmosthaunted.com

NOVEMBER

Flick-n-Float

Interested in a different movie-going experience? Don't want to deal with movie lines, stuffy theaters or overpriced snacks? Flick-n-Float might be for you. Movies are shown in the Northeast swimming pool! Relax in the water or on the pool deck as we host a pool side premiere. Pre-register to ensure your place in the pool, or just drop in the night of the premiere for a night of swimming, movie, and family fun!

Northeast

F Nov. 5 6:30-8:30pm

M FREE

NOVEMBER CONT.

Food Drive

November 1-December 31

The YMCA of Dane County will hold a food drive to help those in need in our community. Barrels will be located at each branch for donations of nonperishable food items. Together we can make a difference.

YMCA Family Week

November 20-28

- Bring a non-perishable food donation during family week and a friend can attend the YMCA FREE for the day.
- Family activities include open swim, open gym and family prime time.
- Participate in the Family Challenge. See front desk for more information.

By completing the Family Challenge, you will be entered in a drawing for a Family Fun basket. We will draw a winner on Monday, November 29, 2010. The baskets are stuffed with fun items designed to bring the family together.

Have a great Family Week! - *Your YMCA Staff*

Youth Development

Nurturing the potential of every child and teen.

Healthy Living

Improving the nation's health and well-being.

Social Responsibility

Giving back and providing support to our neighbors.

DECEMBER

Holiday Family Night

Help feed the community. Bring a non-perishable food item to donate to our YMCA food drive. Join us for a family activity and have fun at Family Prime Time afterwards.

East/Northeast/West

F Dec. 3 6:30-8:00pm

M FREE P FREE w/donation

Lunch With Santa!

Come have lunch with Santa. Each child will receive a gift from the jolly old elf! We'll have songs, stories, crafts and more! Child must be accompanied by an adult. Sign up early! Pre-registration required.

West

F Dec. 11 Age 2-6/parent 12:00-1:30pm

Adult/Child M \$12 P \$20

additional Child M \$8 P \$12

Holiday Drop and Shop

Do some holiday shopping while your kids have fun at the Y. We'll have songs, games, stories, and more. They will create special gifts for their loved ones, too! Snack provided. Sign up early! Pre-registration required by Dec. 3.

Northeast

SA Dec. 11 Ages 3-12 1:00-4:00pm

M \$20 P \$35



Online registration starts July 26 @ 9am - visit ymcadanecounty.org!

M = Members P = Participants

FAMILY