

## FAMILY EVENTS

### APRIL

#### Healthy Kids Weekend

Put Some Play in Your Day at the YMCA! Join the YMCA for a weekend of activity-filled events that is FREE to the community. Come and celebrate fitness fun and special activities Friday 6:30-8:00pm. Open House all weekend long. M FREE P FREE



**April 16 – April 18 at all 3 YMCA locations**

Visit [ymcadanecounty.org](http://ymcadanecounty.org) for a complete list of special activities at your neighborhood YMCA.

#### Zumba Party

Proceeds benefit YGive Financial Assistance Program. Open to the public.

**East**

Saturday, April 17

11:00am-1:00pm

Suggested Donations \$5.00

#### Food From Around the World

Come and enjoy an evening of great food and games put on by the West YMCA Fill The Gap Program. Over 15 different countries represented. For more information call 276-6616 ext. 4012

**West**

Saturday, April 24

2:00-6:00pm

Adult \$10 Youth \$5

### MAY

#### On Family Splash Pool Party

This party includes games and fun while teaching children to be safer around water.

**Northeast / West**

Friday, May 14

6:30-8:00pm

M Free P \$18

### JUNE

#### Member Appreciation Party

Thanks for being a member. Join other YMCA staff and members for a “kick-off to summer”! Sign up now.

**East / Northeast / West**

Friday, June 25

5:30-8:00pm

M Free



**Birthday Party information on page 14**



## FAMILY PROGRAMS

#### On Family Healthy Cooking

Make cooking a healthy, fun, family experience!

**East**

SU

All Ages

Studio

1:30-3:00pm

\*M \$50 \*P \$100

\*per person

#### On 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 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.*

#### On Family Yoga

Fun for the whole family while improving flexibility, strength and posture through yoga poses, breathing, and relaxation.

**East**

SU

All Ages

Studio

3:30-4:15pm

\*M \$38 \*P \$74

\*per person

#### On 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**

W

All ages

6:30-7:15pm

W

All ages

6:30-7:15pm

M \$38 P \$76

**Northeast**

TH

All ages

5:00-5:45pm

SU

All ages

6:00-6:45pm

**West**

F

All ages

6:30-7:15pm

F

All ages

7:15-8:00pm

SA

All ages

4:00-4:45pm

M \$38 P \$76