

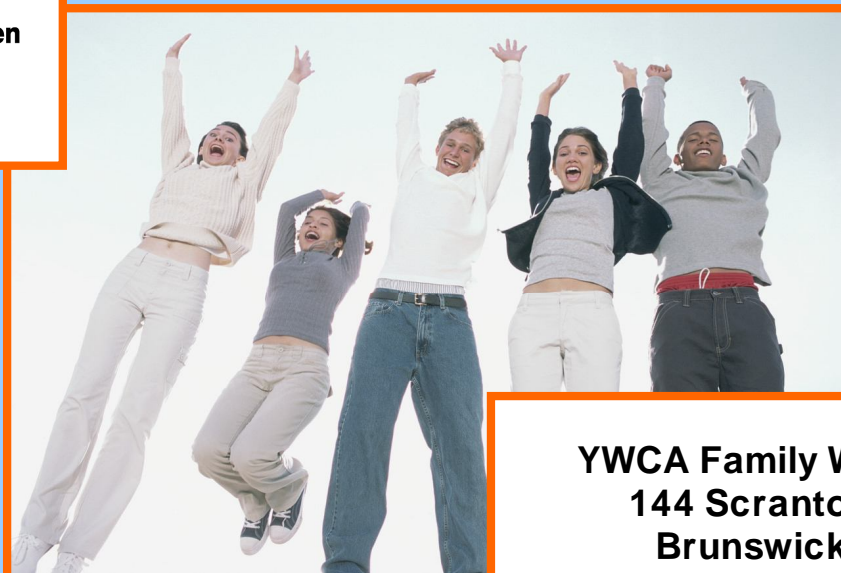
KIDS AND FAMILY STYLE FITNESS PROGRAMMING SCHEDULE

Fall 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 11:00am						Family Fun Adventures <i>All ages Family Style Class</i>
4:00pm – 5:00pm	Pure NRG <i>Ages 5-14</i> Re-Starts <i>Sept. 7</i>	Soft Volleyball <i>Ages 5-14</i> Re-Starts <i>Sept. 7</i>	Pure NRG <i>Ages 5-14</i> Re-Starts <i>Sept. 7</i>	Dodge Ball <i>Ages 5-14</i> Re-Starts <i>Sept. 7</i>		
5:00-6:00pm	Tall to Small Basketball Fun <i>All ages Family Style Class</i>	Volleyball <i>All ages Family Style Class</i>		Tall to Small Basketball Fun <i>All ages Family Style Class</i>		
6:00-7:00pm	Family Fun Adventure Hour <i>All ages Family Style Class</i>			Family Fun Adventure Hour <i>All ages Family Style Class</i>		

• ALL TIMES SUBJECT TO CHANGE WITHOUT NOTICE

• *Pure NRG meets in the Lobby * All other classes meet in Court 1 of the Basketball Gym*

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Kids and Family Style Fitness Programming Descriptions

TALL – SMALL BASKETBALL: This is a fun opportunity to play basketball with the whole family: Grandma, Grandpa, Mom, Dad and all the kids can join in as our staff guides everyone in the most fun a basketball has ever experienced. Skills and drills, hoop shooting tips, and a mini game are all part of the family fun. This is designed to get the whole family moving and lovin' every minute of it! Always staffed! This is a great way to mingle with other families (and you can come alone too because at the YWCA WE ARE your family). So come on in, our sensational fitness staff will give you an unforgettable afternoon, so let's make memories together!

VOLLEYBALL: Whether you're the first one to arrive for the day or we're involved in a full house game, we have a place for your whole family with our volleyball scheduling. Our helpful fitness team staff will play you in a one on one game during "family" scheduled times, and typically periodically monitor the open volleyball times such as Saturdays. Fridays for the first hour (4-5pm) check out a very soft feather-light ball to play with very young family members. All other family games we typically utilize a traditional volleyball (we do make exceptions though, so check out any game in progress). Saturdays we leave the net up for anyone wishing to play at their leisure, (you must share with anyone wanting to join in however). Beach Volleyball Courts are also available in our park.

FAMILY FUN ADVENTURE HOUR: These times have been especially designed to give your whole family a memorable evening whenever you come. Play hilariously fun and old school favorites with our friendly fitness staff. Wacky relays with the kids, kickball, soccer and dodge ball are a sampler of what to expect. All games are all-age appropriate (we'll be nice to grown-ups). Fitness never had so much fun, it's not a class it's an adventure!

JUST FOR US KIDS - It's Back! Restarts September 7, 2010

Pure NRG: It's kids only time; no grown-ups allowed *participating!* *Parents of participants ONLY may always stay to watch and are encouraged to check in on their children at any time! Pure NRG is a fun activity filled hour that gets faces smiling while hearts are pumping. This is designed especially for ages 5-14 years old and it's NOT your mom's aerobics class! Think games and fun! Class meets in the lobby and those arriving on time will vote to either go to basketball court 1 or to the park for outdoor fun. **Courtesy desk will inform latecomers where the class is meeting.* Kids are encouraged to help design the class as well as to continue to play the games they learn at home and with their friends. – New friends and new fun await you!

It's Back! Restarts September 7, 2010

Youth Dodge Ball: Kids only dodge ball fun for ages 5-14 years old. We've got more versions of this popular game than you've ever heard of. We have Sharks and Seals Dodge Ball, Stepping Stones Dodge Ball, Dr. Dr. Dodge Ball, Circular Dodge Ball, Lap Dodge Ball and even Cosmic Collision Dodge Ball (Just to name a few). – You won't want to miss this most popular class of the kid week!

It's Back! Restarts September 7, 2010

Youth Super Soft Volleyball: Super Soft, feather light ball for fun for ages 5-14 yrs. As always we will play not only traditional Volleyball, but versions of the game you've never even heard of – join the fun!

* Note: All kids & family style classes are staffed! Be sure to see the basketball court schedule for more fun possibilities such as adult pick up basketball games and open net volleyball times.