



# FAMILY ACTIVITIES & EVENTS

# FEBRUARY 2018

Don't forget to take advantage of our FREE Kidzone!



Union County Family YMCA  
 1150 Charles Lane  
 Marysville, Ohio 43040  
 937-303-9285  
[www.unioncountyyymca.org](http://www.unioncountyyymca.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Family Yoga 6:30pm Family Swim 7:30pm	2 Family Swim 4pm Family Fun Swim 6pm	3 Family Zumba 9:30am
4	5 Family Swim 7:30pm	6 Tot Time 10:30am Family Pound 6:15pm Family Swim 7:30pm	7 Family Swim 7:30pm	8 Family Yoga 6:30pm Family Swim 7:30pm	9 Family Swim 4pm Parents Night Out 6pm	10 Family Zumba 9:30am
11	12 Family Swim 7:30pm	13 Gymnastics Tots 10:30am Family Pound 6:15pm Family Swim 7:30pm	14 Family Swim 7:30pm	15 Family Yoga 6:30pm Family Swim 7:30pm	16 Family Swim 4pm Family Skate 7pm	17 Family Zumba 9:30am
18	19 Family Swim 7:30pm	20 Tot Time 10:30am Family Pound 6:15pm Family Swim 7:30pm	21 Family Swim 7:30pm	22 Family Yoga 6:30pm Family Swim 7:30pm	23 Family Swim 4pm Family Fun Swim 6pm	24 Family Zumba 9:30am
25	26 Family Swim 7:30pm	27 Aqua Tots 10:30am Family Pound 6:15pm Family Swim 7:30pm	28 Family Swim 7:30pm			
						

**Aqua Tots** – For ages 15 months – 4 years- Parents and kids are welcome to drop in for this playtime in the pool area. Space will be designated just for the little ones to get comfortable around the water. Parents can keep a watchful eye while connecting with other parents. Swim suits are required for both parent and child.

**Family Fun Swim** – This is a great opportunity for families to see what our swim lessons are about. Families who attend the Try It and Like It and sign up for swim lessons that night will receive \$5.00 off of the program fee. Family Fun Swim is held once – twice a month.

**Family Skate Night** – Lace up your skates and join us once a month for Skate Night. Each month you will be skating to a different theme. \*\*Cost is \$2 per member.

**Family Swim** – Join us for open swim Monday – Friday from 7:30pm-9pm in our Therapy Pool.

**Family Pound** – Is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses Cardio, Pilates, Strength Movements, Plyometric and Isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks, called Ripstix. All done to energetic upbeat music. For ages 9 years and up – Held in Studio #2

**Family Yoga** – Same as our regular Yoga classes designed with the youth and their parents in mind. For ages 5 years and older. Make sure that you and your child spend quality time together by physically touching and connecting in every pose. It's transformative and it is always more fun to do yoga TOGETHER!

**Family Zumba** - Bring the whole family ages 9 years and up or come on your own to this fun packed dance class. You will love the laughter and physical activity you receive from this class as you do it together as a family. Studio # 2

**Gymnastics Tots** – For ages 15 months – 4 years- Parents and kids are welcome to drop in for this gymnastics playtime. Space will be designated just for the little ones to learn more about tumbling. Parents can keep a watchful eye while connecting with other parents.

**Kidzone** – While you work out, Kidzone is offered free for Family Memberships during posted hours of service. Parents must be in the building.

**Parents Night Out** – For ages 5-12 – Let us entertain the kids this month while you enjoy a well-deserved Valentine Dinner and Movie! The kids won't even know you are gone as they swim, play games, crafts, and enjoy their own dinner and movie.

**Tot Time** – For ages 15 months – 4 years -Parents and kids are welcome to drop in for this playtime in the main gym. Space will be designated just for the little ones to explore and play. Parents can keep a watchful eye while connecting with other parents.

### Youth Activities & Programs in February

Gymnastics  
Home School PE  
Martial Arts  
Register for Spring Sports  
Swim Lessons  
Travel Basketball  
Y Kids Lift Challenge  
Youth Volleyball



### Upcoming Activities & Programs in March

Gymnastics  
Home School PE  
Martial Arts  
Spring Soccer  
Spring Volleyball  
Swim Lessons  
Y Kids Lift Challenge