



FAMILY ACTIVITIES & EVENTS

JANUARY 2018

All Family Activities & Events are FREE to YMCA Members unless noted.



Union County Family YMCA
 1150 Charles Lane
 Marysville, Ohio 43040
 937-303-9285
www.unioncountyyymca.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 YMCA CLOSED	2 Family Pound 6:15pm Family Swim 7:30pm	3 Family Swim 7:30pm	4 Family Yoga 6:30pm Family Swim 7:30pm	5 Family Fun Swim 6pm Family Swim 7:30pm	6 Family Zumba 9:30am
7	8 Family Swim 7:30pm	9 Tot Time 10:30am Family Pound 6:15pm Family Swim 7:30pm	10 Family Swim 7:30pm	11 Family Yoga 6:30pm Family Swim 7:30pm	12 Family Swim 7:30pm	13 Family Zumba 9:30am
14	15 Family Swim 7:30pm	16 Gymnastics Tots 10:30am Family Pound 6:15pm Family Swim 7:30pm	17 Family Swim 7:30pm	18 Family Yoga 6:30pm Family Swim 7:30pm	19 Family Fun Swim 6pm **Family Skate 7pm Family Swim 7:30pm	20 Family Zumba 9:30am
21	22 Family Swim 7:30pm	23 Tot Time 10:30am Family Pound 6:15pm Family Swim 7:30pm	24 Family Swim 7:30pm	25 Family Yoga 6:30pm Family Swim 7:30pm	26 Family Swim 7:30pm	27 Family Zumba 9:30am
28	29 Family Swim 7:30pm	30 Aqua Tots 10:30am Family Pound 6:15pm Family Swim 7:30pm	31 Family Swim 7:30pm			
	Kidzone is now FREE for all Family Memberships!					

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.

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.

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 January

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



Upcoming Activities & Programs in February

Gymnastics
Home School PE
Martial Arts
Parents Night Out – February 9
Register for Spring Sports
Swim Lessons
Y Kids Lift Challenge