



# THE Y – A PLACE FOR EVERYONE

At the Union County Family YMCA, we want people of all ages to enjoy an active and healthy lifestyle.

Use the following program guide to find out what FUN activities and events you and your entire family can take advantage of.

## If I am 6 weeks to 4 years, I can...

- Enroll in parent/child swim classes & swim with an adult during open swim
- Use Kidzone
- Attend LEAP (0-4yrs)
- Enroll in Baby Gymnastics (1-3yrs),
- Participate in Youth Sports (Soccer, 3yrs; T-ball, 4 yrs)

## If I am 5 – 17 years, I can...

- Participate in Nerf Wars
- Use Kidzone (up to 10yrs)
- Participate in Youth Sports Leagues (Jr Cavs Basketball, Soccer, Volleyball, Baseball), UCFY Swim Team, and Gymnastics Classes.
- Swim with an adult during open swim (Lap Pool – 10yrs+ can swim without parent present)
- Participate in Summer Youth Sports Camps and Gymnastics Camps
- Complete Fitness Orientation to use the Fitness Center: Ages 9-12 must work out with an adult, Ages 13-15 can use fitness center on their own and participate in group exercise classes
- Use facilities: Ages 10+ can use the gym, lap pool and racquetball courts without a parent present
- Ages 10-19 can chill out in the Teen Center
- Enroll in Teen Programs (i.e. FYP: Find Your Power)

## If I am 18+ years, I can...

- Participate in group exercise or water fitness classes
- Workout in the Fitness Center
- Workout with a Personal Trainer (fees apply)
- Swim in the pool during open swim times
- Participate in Adult Basketball or Pickleball
- Volunteer to coach a youth sports team
- Bring a guest to the Y
- Apply to join our YMCA Staff Team! Be a Lifeguard, Swim Instructor, Kidzone Teacher, Welcome Desk Staff, Fitness Center Staff and Youth Sports Assistant

## My Family can...

- Swim in the pool together
- Play in the gym together during open gym time and use the Racquetball Court
- Workout in the Fitness Center (age 9+)
- Attend a Family Workout Class (see schedule for availability)
- Drop my children off at Kidzone while I work out (age 6wks – 10yrs)
- Attend a Family Event (Skate Night, Healthy Kids Day, Holiday Family Nights, Family Movie Nights, etc.)



Please see our website [www.unioncountymca.org](http://www.unioncountymca.org) or schedules & program calendars for more information and seasonal offerings.