


Activities and Events 2010

# January

## YOUTH 8-12

\* Parents: Please remember you are responsible for supervising your children that are under 13 yrs at all times, and you must remain with them in the building if they are not in a program. Thanks!

	Monday	Tuesday	Weds.	Thursday	Friday		
<b>SWIM</b>	Open Swim 12-3:15pm & 8-9:30pm	Open Swim 9-10 am & 12-4 pm	Open Swim 12-3:15pm & 8-9:30pm	Open Swim 9-10 am 12-4 pm & 7:30-9:30pm	Open Swim 11-3:15 pm & 7-9:30pm Slide		
<b>GET ACTIVE</b>	<b>Kid Zone</b> 4:00- 7:00pm <b>Zumba</b> 6:30 pm	<b>Cardio Light</b> 6:30 pm <b>Yoga</b> 6:30 pm	<b>Kid Zone</b> 4:00- 7:00pm				
<b>CLIMB &amp; GYM</b>	<b>Climbing Wall</b> 4-7 pm	<b>Climbing Wall</b> 6-8 pm	<b>Climbing Wall</b> 5-8 pm			<b>Climbing Wall</b> 6-8 pm	<b>Climbing Wall</b> 4-7 pm
	<b>GYM</b>	<b>GYM</b>	<b>GYM</b>			<b>GYM</b>	<b>GYM</b>

\*Gym will occasionally be closed for basketball league-check posted schedule on gymnasium door!\*

### PARENT'S NIGHT OUT

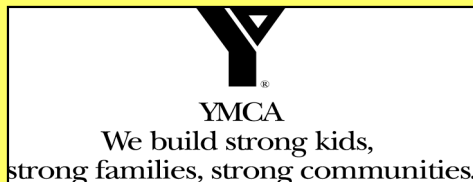
January 8th & 22nd  
6-10pm  
\$12 per child for members  
\$24 per child for non members  
Children six wks to 12 yrs welcome!

### MIDDLE SCHOOL MADNESS

January 9th & 23rd

7:00-10:00pm

Cost: \$5 for members  
\$10 for non mem  
Pizza is an additional \$1



For more details contact:  
Kate Natwick- Teen Coordinator  
knatwick@ymcawnc.org