



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# March Youth & Family Schedule

## Reuter YMCA

YOUTH AND FAMILY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Dance 4: 45 p.m. - 5:15 p.m.	Sensory Explorers 10:00 a.m. - 10:45 a.m.		Homeschool Program 12:30 p.m. - 1:30 p.m.		
		STEM Explorers 5:30 p.m. - 6:30 p.m.	Kids Yoga 4:30 p.m. - 5:15 p.m.				

### YOUTH AND FAMILY EVENTS

#### March 1 - Parents Morning Out (PMO)

Friday, 9:00 a.m. - 12:45 p.m.

Children ages 12 months -12 years old enjoy a morning of fun, games, crafts and other activities in a safe and caring environment while parents can enjoy time for a date night, running errands or just enjoy some peace and quiet. Cost: \$15 per child for Members and \$28 per child for non-members.

#### March 1 - Family Fitness Fridays

Friday, 5:30 p.m. - 6:30 p.m.

Classes will be fun and engaging for all ages and fitness levels. Spend time together for your health. Included in membership.

#### March 8, 15, 22 - Parents Night Out (PNO)

Friday, 6:00 p.m. - 9:45 p.m.

Children ages 12 months -12 years old enjoy an evening of fun, games, crafts and other activities in a safe and caring environment while parents can enjoy time for a date night, running errands or just enjoy some peace and quiet. Cost: \$15 per child for Members and \$28 per child for non-members.

#### March 23 - Family Climbing Wall Class

Saturday 3:00 p.m. - 6:30 p.m.

Parent Child class for families to learn the ropes of the climbing wall from knot tying, belay techniques and safety techniques. Families then can return to the Climbing Wall to belay their own children under the supervision of our staff. Cost: \$30 per family for Members and \$60 for non-members (one adult per registration).

### YOUTH DEVELOPMENT CENTER (YDC) HOURS

(Ages 6 weeks - 6 years old )

Mon-Fri	8:00 a.m. - 1:30 p.m.
Mon- Thurs	3:30 p.m. - 8:00 p.m.
*Fri	4:00 p.m. - 8:00 p.m.
Sat	8:00 a.m. - 1:30 p.m.
Sun	1:30 p.m. - 4:30 p.m.

\*2nd, 3rd, and 4th Friday 4:00 p.m. - 6:00 p.m.

### PROGRAM DESCRIPTIONS

#### Sensory Explorers

Tuesdays, 10:00 a.m. - 10:45 a.m.

Ages 3-5 year olds mix, create and get messy with projects each week, these are drop in classes and registration is required. Drop in class. Cost: \$5 per class for Members and \$10 per class for non-members.

#### STEM Explorers

Mondays, 5:30 p.m. - 6:30 p.m.

Ages 5-12 year olds explore various STEM related projects each week, these are drop in classes and registration is required. Cost: \$5 per class for Members and \$10 per class for non-members.

#### Kids Yoga

Tuesdays and Thursdays, 4:30 p.m. - 5:15 p.m.

Ages 4 + will learn to move with focused energy by connecting mind to body in a fun nurturing environment. No registration required

### New Sessions Starting in April

#### Dance

Mondays, 4:45p.m. - 5:30 p.m.

April 22 - June 3

Ages 3-5 year olds learn ballet and dance through a 7 week session. Registration is required. Cost: \$75 per session for members and \$90 per session for non-members.

#### Homeschool Gym Program

Thursdays, 12:30 p.m. - 1:30 p.m.

April 25 - June 6

Ages 5-11 will make new friends while getting in some physical activity. These sessions will run for 7 weeks. Cost: \$35 per gym session for members and \$45 for non-members. The YDC will be open for members to use.

### KIDS ZONE HOURS

(Ages 6-12 years old with staff supervision)

Mon-Thurs	4:00 p.m. - 8:00 p.m.
Sat	9:00 a.m. - 1:30 p.m.

\* Kid zone will be open on March 11, 9 a.m. - 1:30 p.m.



# March Teen Schedule

## Reuter Family YMCA

### Ages 13-17

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TEENS</b>			<b>Teen Strength</b> 4:15 p.m. - 5:15 p.m.	<b>#GIRLSWHOLIFT</b> 4:15 p.m. - 5:15 p.m.	<b>Teen Strength</b> 4:15 p.m. - 5:15 p.m.	<b>Teen Hoops</b> 4:00 p.m. - 5:00 p.m.	
			<b>Leaders Club</b> 6:30 p.m. - 7:30 p.m.	<b>Teen Programing</b> 5:30 p.m. - 7:30 p.m.	<b>Teen Programming</b> 5:30 p.m. - 7:30 p.m.	<b>#GIRLSWHOLIFT</b> 4:15 p.m. - 5:15 p.m.	

### TEEN ZONE EVENTS

#### March 6 - Writing Workshop

Wednesday, 5:30 p.m. - 7:30 p.m.

Learn skills on how to be a better writer to create a novel .

#### March 7 - Book Club

Thursday, 5:30 p.m. - 7:30 p.m.

Join us for a night of reading and exchanging book recommendations. Bring your favorite book and why you would recommend it.

#### March 13 - Trivia Night

Wednesday, 5:30 p.m. - 7:30 p.m.

Put your brain power to the test and join us for Trivia Night. We will cover everything from history to pop culture.

#### March 14 - National Pie Day

Thursday, 5:30 p.m. - 7:30 p.m.

Come join us for a night based all around pie with crafts and games.

#### March 20 - First Day of Spring

Wednesday, 5:30 p.m. - 7:30 p.m.

Get ready for spring with a night of crafting

#### March 21 - Gaming Night

Thursday, 5:30 p.m. - 7:30 p.m.

Come to Teen Zone for a little friendly competition with Super Mario Market on the Wii. We will have prizes for the top three winners.

#### March 27 - Pirate Night

Wednesday, 5:30 p.m. - 7:30 p.m.

Become a pirate for night with a movie craft and pirate games.

#### March 28 - Harry Potter Wand Making

Thursday, 5:30 p.m. - 7:30p.m.

Embark on a magical night of crafts and games all themed around Harry Potter.

Download our free YMCA of Western North Carolina app today on [Google Play](#) or the [Apple App Store](#) to easily access group exercise, gym, and pool schedules.

### TEEN ZONE PROGRAMS

#### Leaders Club

Tuesdays, 6:30 p.m. - 7:30 p.m.

The Leaders Club program will train teens in all aspects service learning to better serve their community and YMCA as they encourage each other to make a positive impact for present and future generations. It is an annual program that will be a helping hand to these students throughout the whole year to not only be a part of Leaders Club but to be a strong student in school as well as later on in life. For more information contact Laura Warren at [lwarren@ymcanc.org](mailto:lwarren@ymcanc.org) or 828 210 5038.

#### Teen Strength Development

Tuesdays & Thursdays, 4:15 p.m. - 5:15 p.m.

Join one of our Y trained staff to learn correct form and strength development, meeting in the Functional Fitness Room.

#### #GirlsWhoLift

Wednesdays & Fridays, 4:15 p.m. - 5:15 p.m.

Join us for this teen girls-only ages barbell-based strength development class led by a personal trainer. Learn proper technique and spotting form for bench press, squats, deadlifts, and more.

#### Teen Hoops

Fridays, 4:00 p.m. - 5:00 p.m.

Join us for teen basketball. Play half-court games with your friends.

### TEEN ZONE HOURS

Ages 13-17 years old

Monday - Friday, 3:00 p.m. - 7:30 p.m.

All programs and events ( except Leaders Club) are included in your membership.

#### Questions? Comments? Concerns?

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