



# YOUTH & FAMILY PROGRAMS

TOWNLAKE YMCA | Winter/Spring 2012

9 week session: Jan 9 - March 10

Class size is limited, so please sign up at child watch and arrive early to guarantee a spot  
One cannot sign up until 30 minutes before the class begins.

Welcome to the TownLake Y!



	MON	TUE	WED	THU	FRI	SAT
<b>A M</b>	<b>Little Musicians</b> 9:30-10:15 Ages 3-5	<b>Little Leaguers</b> 9:30-10:15 Ages 3-5	<b>Little Rollers</b> 9:30-10:15 Ages 3-5	<b>Kid-Aerobics</b> 9:30-10:15 Ages 3-5	<b>Poquito Picassos</b> 9:30-10:15 Ages 3-5	<b>Baby Ballet</b> 10:00-10:45am Ages 3-5
		<b>KinderDance</b> 10:15-10:45 Ages 3-5	<b>Little Chefs</b> 10:15-10:45 Ages 3-5	<b>Zumba</b> 10:15-10:45 Family Program, all ages	<b>Creative Dance</b> 10:30-11:15am Ages 3-5	<b>Baby Ballet</b> 11:00-11:45am Ages 3-5
		<b>Mommy &amp; Baby Yoga</b> 11:15-12:00pm Family Program	<b>Baby Ballet</b> 11:00-11:45am Ages 3-5			

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M**

<b>Little Rollers</b> 4:30-5:15pm Ages 4-6	<b>Kids Culinary</b> 4:30-5:15pm Ages 6-12	<b>Little Leaguers</b> 4:30-5:15pm Ages 4-6	<b>Little Einsteins</b> 4:30-5:15pm Ages 3-6
<b>Homework Helper</b> 5:15-5:45pm All Ages	<b>Homework Helper</b> 5:30-6:30pm All Ages	<b>Creative Minds</b> 5:15-6:00pm Ages 6-12	<b>Basic Ballet</b> 4:30-5:15pm Ages 6-8
<b>Art</b> 6:00-6:45pm Ages 6-12		<b>GymZone</b> 6:00-6:45pm Ages 6-12	
<b>Dancin' Kids</b> 6:45-7:30 Ages 6-12	<b>YouthFit</b> 6:30-7:30pm Ages 8-12	<b>Lego Creations</b> 6:15-7:00pm Ages 5-12	<b>YouthFit</b> 6:30-7:30pm Ages 8-12

<b>Tae-Kwon-Do</b> 7:00-8:00 Ages 8 & up
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<b>Parent's Night Out</b> 5:30-10:00pm Ages 4-12 (Must be 4) February 11,
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<b>Family Night Out</b> 6:00-10:00pm Family Program January 14,
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<b>Teen Night</b> 7:00-10:00pm Ages 12-15 January 21,
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All programs are free for YMCA members, unless you see --- **red block**

Ages 3-6	These classes tailored to children that are developmentally capable of participating on their own. Children must be able to follow instructions and participate in class activities in a group setting independent of parents.	<i>Note: Class locations are subject to change without notice</i>
Ages 6-12	Participants will focus on activities that are age appropriate and encourage interaction & character development within a group setting.	
Ages 8 & up	Participants will focus on advanced activities and will encourage participation and character development.	
Family	Fun programs/events for the whole family to enjoy. Parents must accompany children	
Locations	<b>AMP Room</b> <b>Yoga Room</b> <b>Kimbat Hall</b>	