



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY GYM

WAUKEE FAMILY YMCA

DECEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-6:00pm Open Gym	5:00-6:15am <i>*Adult Fitness Class</i>	5:00-6:15am <i>*Adult Fitness Class</i>	5:00-6:15am <i>*Adult Fitness Class</i>	5:00-6:15am <i>*Adult Fitness Class</i>	5:00-6:15am <i>*Adult Fitness Class</i>	6:00-8:30am Open Gym
	6:15 - 9:00am Open Gym	6:15-7:10am <i>*Adult Fitness Class</i>	6:15 - 9:00am Open Gym	6:15-7:10am <i>*Adult Fitness Class</i>	6:15 - 9:00am Open Gym	8:30-10:00am Youth Programming
	9:00-12:00pm Kid's Zone	9:00-12:00pm Kid's Zone	9:00-12:00pm Kid's Zone	9:00-12:00pm Kid's Zone	9:00-12:00pm Kid's Zone	10:00am-6:00pm Open Gym
	12:30-5:15pm Open Gym	12:30- 4:30pm Open Gym	12:30-4:30pm Open Gym	12:30-6:00pm Open Gym	12:30-10:00pm Open Gym	Dec. 3rd <i>Shop for a Playground Event No Open Gym 1:00-5:00pm</i>
	5:15 - 8:00pm TKD	4:30 - 7:30pm Kid's Zone	4:30 - 7:30pm Kid's Zone	6:00 - 8:30pm TKD	Dec. 9th <i>Parent's Night Out No Open Gym 6:00-9:00pm</i>	Dec. 10th <i>Waukee YMCA Swim Meet No Open Gym 11:00am-6:00pm</i>
	8:00- 10:00pm Open Gym	7:30- 10:00pm Open Gym	7:30- 10:00pm Open Gym	8:30- 10:00pm Open Gym		

Open Gym: Unsupervised gym time. Kids ages 9-14 can use the gym. Children under 9 allowed with adult supervision.

Tots Gym: Supervised gym time. Children ages 2-8 yrs must be signed in/out by a parent/guardian. Children must be potty-trained

Kid's Zone: Supervised gym time. Children ages 5-8 yrs must be signed in/out by a parent/guardian

Preschool Rec/Youth Programming: Programming that will stimulate and nurture the development of young children

TKD: See flyer for more information

***Adult Fitness Class:** Refer to group exercise schedules for class names and descriptions

***Pre/Kind BB Clinic:** See flyer for more info. Runs Jan. 13th-Feb. 3rd

Waukee Family YMCA

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