



We build strong kids, strong families, strong communities.

Waukee Family YMCA Family Gym Schedule September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am -6:00pm Open Gym	5:00 - 9:00am Open Gym	5:00 - 6:30am *Adult Fitness Class	5:00 - 9:00am Open Gym	5:30 - 6:30am *Adult Fitness Class	5:00 - 9:00am Open Gym	6:00 - 8:00am Open Gym
		6:30 - 9:00am Open Gym		6:30 - 9:00am Open Gym		8:00 - 9:00am Cardio Conditioning
	9:00am - 12:30pm Tot's Gym	9:00am - 12:30pm Tot's Gym	9:00am - 12:30pm Tot's Gym	9:00am - 12:30pm Tot's Gym	9:00am - 12:30pm Tot's Gym	9:00 - 10:30am Preschool Rec
	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	10:30 - 12:30pm Kid's Zone
	5:15 - 8:00pm TKD	4:30 - 7:30pm Kid's Zone	4:30 - 7:30pm Kid's Zone	6:00 - 8:30pm TKD	<i>Sept. 10th Parent's Night Out No Open Gym 6:00 -10:00pm</i>	12:30 - 6:00pm Open Gym
	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