



YOUTH CALENDAR FLOYD COUNTY BRANCH

**MAY
2012**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|--|
| Child Watch Hours: Monday–Friday 8:00 a.m. – 1:00 p.m. & 4:00 – 8:30 p.m. Saturday 8:00 a.m. – 2:00 p.m. Sunday 1:00 p.m. – 4:00 p.m. | | 1 Kids PE (ages 5-13) 4:15-4:45 p.m. | 2 Teen Room Special Hours 4-8:30 p.m. (6 & up) | 3 Kids PE (ages 5-13) 4:15-4:45 p.m. | 4 | 5 Ballet & Jazz* 12-12:30 p.m. (3-5) 12:30-1 p.m. (ages 5-7) XRKade® Challenges 10 a.m.–4 p.m. (5 & 6 year olds may participate with an adult) Zumbatomic Lil Starz 11:15-11:45 a.m. |
| 6 XRKade® Challenges 12-4 p.m. (5 & up) | 7 Fit Kids Activity Child Watch 4-8:30 p.m. (6 & under) Teen Room Special Hours 4-8:30 p.m. (6 & up) | 8 Kids PE (ages 5-13) 4:15-4:45 p.m. | 9 Teen Room Special Hours 4-8:30 p.m. (6 & up) | 10 Kids PE (ages 5-13) 4:15-4:45 p.m. | 11 | 12 Ballet & Jazz* 12-12:30 p.m. (3-5) 12:30-1 p.m. (ages 5-7) XRKade® Challenges 10 a.m.–4 p.m. (5 & 6 year olds may participate with an adult) Zumbatomic Lil Starz 11:15-11:45 a.m. Youth T-Ball Begins |
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AGES 6 & UNDER

See other side for more information.

FIT KIDS YOUTH PROGRAM

Exclusively for our younger members ages 6 and under. Stay updated on the Fit Kids Program in Child Watch. There you will find activities, newsletters and fitness homework as well as each month's calendar. Complete your Fit Kids Homework each week and turn it in for a prize at the end of the month.

Arts*

Art Workshops, Breakfast Club, YMCA of Southern Indiana's Family Theatre, and Art Camps, etc. Some of these activities may have a separate cost and different age requirements. See the Y website for more info.

Ballet & Jazz*: Ages 3-7

Young dancers will develop locomotor skills and explore musicality and expression through creative movement.

Friends 2 Swim:

Meet your Friends 2 Swim at the pool for open swim hours in the lap pool or the family fun pool. Swimming is a great way to exercise and is even more fun when you have a play date. Also, do not forget to check out our many options for swim lessons or for swim teams.

Kids PE: Ages 5-13

This class is designed for kids who are ready to get moving. Fitness games and obstacle courses will be a few of the ways the kids will have fun and learn how fun exercise can be. This takes place in Group Exercise Studio 2.

Sport Camps & Sport Programs:

All Y preschool and youth sport programs emphasize important developmental values such as teamwork, good sportsmanship, self-esteem, and respect for others. The focus is on healthy participation. Sport Camp is a chance to get some more repetitions of different sport skills before an upcoming sport program begins. Times and dates may vary each month.

Teen Room Activities:

The Teen & Family Room is equipped with computers, TVs, games and much more. On Monday and Wednesdays, 6 and 7 year olds may use the room.

Tumble Bugs*: Ages 3-5

This program introduces the concept behind tumbling, jumping, balancing, and much more. The program provides mental and physical challenges for the preschool age child. Classes meet on Tuesday and Thursday evenings for eight weeks.

XRKade® Rules

1. Wear appropriate attire. No offensive logos or language.
2. No food, drinks, or gum allowed.
3. No open toed shoes, sandals, or crocs allowed.
4. No sitting on walls or tabletops.
5. No profanity or offensive gestures.
6. Be respectful to other members and staff.
7. Respect XRKade® equipment.
8. If equipment is not working properly, find an XRKade® coach to help, do not attempt to fix yourself.
9. Remember to sign-in.
10. We are not responsible for lost or stolen items.
11. Remember to have fun and laugh!

Special XRKade® hours for 5 and 6 year olds on Sundays from 12-4 p.m. and sometimes on Saturdays with an adult. Times and activities are on the front.

XRKade® Passport Description

1. Each child that completes the XRKade® orientation will be given an XRKade® passport (this will not leave the XRKade® and will be filed in the box on the counter).
2. Each day that a child comes in to use the XRKade®, they will be given their passport. For each game that they play, they will be given a stamp of the day. If they participate in the various challenge hours, they may be given additional stamps.
3. Saturday activities will also earn bonus stamps.
4. The last week of the month will be redemption week. Children may come in to redeem their stamps for prizes.

Zumbatomic Lil' Starz: Ages 4-7

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.



**YMCA of Southern Indiana
Floyd County Branch**
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