

# EL DORADO YMCA YOUTH & FAMILY

Effective 1/1/2019-5/31/2018

Updated 10/31/18

## MOM'S DAY OUT

**Ages:** 2-5 available year-round  
6-10 available June & July  
**Hours:** 9:30A-1:30P  
**Fees:** † \$43 | \$63 4-wk session

†Bank draft is available to ensure your child's place in class each month!

**ONE DAY DROP-IN FEE:** \$15/member  
\$25/non-member (space limited)

Session	MON	TU	WED	TH	FR
Ages 2-5 Potty-trained					9:30A-1:30P



### What should my child bring?

A backpack or bag with:

- Sack lunch
- Drink
- Swimsuit and a towel

If siblings will be attending together, we ask that they have separate bags for their belongings.

### What should my child wear?

Dress your child in comfortable and appropriate play clothes.

### What activities are included?

Your child will enjoy swimming, arts and crafts, stories, creative play, tumbling and gym time, outdoor activities, calendar time, and snack time—all while making new friends!

*Note: Children must be potty-trained to swim. Non-swimmers will have a separate activity.*

### Swimming

Participants swim in the shallow end of our indoor pool. If you are uncomfortable having your child swim, please notify the instructor and our staff will accommodate.

### Behavior

Our goal is to develop self-discipline and respect for others. When necessary, the following age-appropriate discipline will be used:

- We will use logical consequences and redirect children displaying inappropriate behavior.
- In some cases, supervised removal (time out) may be used.
- If a child is having excessive problems (i.e. biting, hitting, etc.) the parent will be called and requested to pick up child.

### Illness

Children showing signs of illness will not be allowed to attend. If your child has a communicable illness or head lice, please notify the staff immediately so appropriate action may be taken.

### Emergency Procedures

**Fire/Building Evacuation:** In the event of a fire or other evacuation situation, staff will escort all children out of the facility.

**Tornado or Bad Weather:** Staff will escort children to the assigned locker room.

**Accident or Injury:** All Mom's Day Out staff are certified in CPR/AED & first aid. Proper care will be administered as needed.

## MARTIAL ARTS | ages 8 & up

### El Dorado YMCA Taekwondo

**Monthly Fees:** \$27 1x/wk | \$54 2x/wk

**Beginner** | ages 8+ | 60-min class

5:30P Mondays and/or Thursdays

\*Under 8 can join with instructor permission

**Advanced** | ages 8+ | 60-min class

6:30P Thursdays

\*Pre-requisite: Green belt and instructor permission

**Self Defense** | ages 18+ | 60-min class

6:30P Mondays

\*Designed to educate, empower and impact lives so that potential victims do not have to live in fear but in awareness and confidence.

\*\*Under 18 can join with instructor permission

Please contact Alison Oelfke  
alison.oelfke@ymcawichita.org | 316.320.9622  
with any further questions.



Fees appear as member rate | non-member rate. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.



the **Y**  
YMCA  
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KID TESTED, PARENT APPROVED YOUTH & FAMILY ACTIVITIES

At the Greater Wichita YMCA, we are about community and providing fun opportunities for families. Whether it's playing basketball together, enjoying a swim at the pool, or a safe place for your child to play and make new friends, we know we can be the favorite choice for you and your family.

## **MOM'S DAY OUT** | ages 2-5 year-round | June-July ages 6-10

Activities like gym games, swimming, arts and crafts, playtime, stories and snack will give your child a fantastic day at the Y! Your child will get the opportunity to make new friends while developing their social skills. Sack lunch, swim suit and towel required. Schedule & requirements on the back of flyer. Register 1 session per week for 4 weeks. Minimum of 5 kids needed per session.

## **PARENT'S NIGHT OUT** | ages 2-10

Date night will be fun for all! Bring your kids to the Y and let us entertain them for you. They will enjoy arts & crafts, a movie, recreational activities, swimming, pizza and a healthy snack. Swim suit and towel required. Schedule on the back of flyer.

## **FUN FIT** | ages 6-12

Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Schedule on the back of flyer. Included in membership.

## **FINANCIAL ASSISTANCE**

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-base financial assistance are available at [ymcawichita.org](http://ymcawichita.org) or any YMCA location.

## **GROUP EXERCISE** | ages 9-12 w/parent

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, and more. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. Included in membership.

## **FAMILY RECREATION** | all ages

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times FREE with your membership. Schedules for open swim and gym times are available at any Y location or at [ymcawichita.org](http://ymcawichita.org).

**DID YOU KNOW?** Youth ages 13 & up can utilize most YMCA services including the indoor track, fitness centers (some equipment limitations apply) and group exercise classes.

## **MARTIAL ARTS** | ages 5 & up

Enjoy this fun activity that's great for kids and the whole family. Improve your self-confidence, self-control, concentration, coordination, reflexes and overall health as you learn self-defense techniques. Uniforms and testing are optional for all YMCA Martial Arts classes. Taekwondo & Karate offered at varying locations. Class schedule listed on the back of this flyer.