

NORTH YMCA SUMMER YOUTH AND FAMILY

Effective 6/1/19 - 8/14/19

MOM'S DAY OUT	AGES	MON	TU	WED	TH	FR	SA	SU
Enjoy activities like gym games, swimming, arts and crafts, creative play, outdoor activities, stories and a snack - all while making new friends!	2-5 (non potty-trained allowed)	9:30A-1:30P			10:00A-3:00P	10:00A-3:00P		
	6-10				10:00A-3:00P	10:00A-3:00P		
This is not a licensed child care program. Participants may only attend one day per week.								

Available at Andover, East, El Dorado, Newton, North, Northwest, and South YMCAs

FEES: \$43/member | \$63/non-member per 4-week session
(Bank draft available)

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

What should my child bring?

A backpack or bag with:

- Sack lunch and drink
- Swimsuit and towel

Siblings that attend together should attend with separate bags.

Attire: Comfortable and appropriate play clothes.

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.

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

POLICIES AND PROCEDURES:

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 (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 Mom's Day Out. If your child has a communicable illness or head lice, please notify the staff immediately so appropriate action may be taken.

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.

FUN FIT: ages 6-12 | Free to Y members

Kids enjoy fun, engaging, structured games and activities, while making new friends, staying active, and having fun! Close-toed shoes are required.

Hours: 9-11:00A | Monday—Friday

MARTIAL ARTS:

Little Tykes: ages 4-7 | 45-min | 9:00A Saturdays

Family: ages 8+ | 60-min | 6:45P Tuesdays and/or 8:00A Saturdays

Fees: \$27/1 class per week | \$54/2 classes per week

The North YMCA's Martial Arts Program is led by 5th Degree Black Belt Tae Kwon Do Master Tony Farnan. Mr. Farnan has over 23 years of martial arts experience. He is a current student of 8th Degree Black Belt Master Chris Rangel.

Mr. Farnan is also a World Power Breaking Champion in both wood and concrete. His training method involves the mind, body, and spirit. All testing and credentials are followed according to (and backed by) the United Tae Kwon Do Alliance (ITF).

BIRTHDAY PARTIES: all ages

You bring the guest of honor and we will do the rest! Contact the front desk for available dates and times. Parties are priced for 10 children; theme parties and additional options available. Climbing Wall birthday parties only available at Andover, North, and Northwest YMCAs. Water park birthday parties only available at Andover, North, Northwest and South YMCAs.

Indoor Pool	\$125 (member) \$150 (non-member)
Sports	\$125 (member) \$150 (non-member)
Gymnastics	\$150 (member) \$175 (non-member)
Climbing	\$150 (member) \$175 (non-member)
Water Park	\$150 (member) \$175 (non-member)

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

For more information, contact the Youth and Family Director at: northy@ymcawichita.org or 316.858.9622

YOUTH AND FAMILY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



At the Greater Wichita YMCA, we are about community and providing fun opportunities for families. Whether it's playing basketball together, enjoying 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.

See back of flyer for details. Register 1 session per week for 4 weeks. A minimum of 5 kids, per session, is required to host Mom's Day Out.

PARENT'S NIGHT OUT: ages 2-10

Date night can be fun for everyone! Bring your kids to the Y and let us entertain them for you. Kids will enjoy arts and crafts, a movie, recreational activities, swimming, pizza and a healthy snack. Swim suit and towel required. See back of flyer for details.

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! See back of flyer for details. FREE with your family membership.

GROUP EXERCISE: ages 9-12 with a parent/guardian

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. FREE with your family membership.

FAMILY RECREATION: all ages

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times. Schedules for open swim and open gym times are available at ymcawichita.org/group-exercise-schedule or at any YMCA location. FREE with your family membership.

MARTIAL ARTS: ages 5+

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 and Karate are offered at varying locations. See back of flyer for details.

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

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-based financial assistance are available at any YMCA location or online at ymcawichita.org.