

# NORTH YMCA FAMILY ACTIVITIES & MARTIAL ARTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MOM'S DAY OUT

### Who Can Participate?

Mom's Day Out is for any child who is between the ages of 2-5 years old.

During the summer, a program option for children ages 6-10 years old is available.

### What does my child need to 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 2 yrs of age allowed to swim subject to Director's approval.*

### Swimming

All Mom's Day Out classes swim in the shallow end of our indoor pools. If you are uncomfortable having your child swim, please notify the instructor and our staff will accommodate.

### Hours & Fees†

**9:30A - 1:30P** \$43/\$63 per 4-wk session

**10:00A - 3:00P\*** \$53/\$73 per 4-wk session

*\*those sessions denoted with asterisk below*

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

*Note: Income based assistance is available. Please see the front desk for more information.*

### 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 and first aid. Proper care will be administered as needed.

### 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.



NORTH MOM'S DAY OUT CLASSES	MON	TU	WED	TH	FR
AGES 2-5 YEARS	9:30-a-1:30p			10:00a-3:00p*	10:00a-3:00p*

Enrollment limited to one session per week. Minimum 5 kids needed per session. ONE DAY DROP IN FEE \$15/member | \$25/non-member (space limited)

## MARTIAL ARTS (ages 4 & up)

Enjoy this fun activity that's great for kids and the whole family. Uniform and testing are optional for all YMCA Martial Arts classes. Taekwondo & Karate offered at varying locations.

- Improve self-confidence, self-control & coordination as you learn self-defense techniques
- Develop reflexes & focus on improved health

Fees: **\$27/MO.** 1x/wk | **\$51/MO.** 2x/wk

### NORTH YMCA TAE KWON DO

Little Warriors (ages 4-7) Saturday | 9:00-9:45am

Family TAE KWON DO (ages 8+) Tuesday | 6:45-7:45pm

60 minute class

Thursdays | 6:45-7:45pm

Coming Soon

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).



### FAMILY RECREATION

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times FREE with your membership. Then, kick back in one of the Farha Family Centers where kids and adults can play games or relax together. Schedules for open swim and gym times are available at any Y location or at [ymcawichita.org](http://ymcawichita.org).

### BIRTHDAY PARTIES

(ages 1-18) Let the Y help organize and host your party! We'll take care of everything so you can relax and celebrate your child's special day with family and friends. We offer a variety of party themes, including pool, climbing, gymnastics, and more. Or create your own! There's something for every age group. Fees: \$125-\$150 Y member \$175-\$200 non-member

### GROUP EXERCISE (ages 9-12 w/parent)

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, TurboKick™ or BOSU Body. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. Included in membership. Youth ages 13 & up can utilize most YMCA services including the indoor track, fitness centers (some limitations apply) and group exercise without adult supervision.

### 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! Available at all locations each summer. Check your Y's schedule for school-year classes. Included in membership.