

FAMILY ACTIVITIES



J. Smith Young YMCA

After School STEM (offered spring & fall)

Does your child want a fun and challenging STEM experience? Participants will utilize the Engineering Design Process while learning to be more innovative during STEM challenges and practice coding skills.

Ballet, Tap & Gymnastics (offered January-April & September-December)

Our Ballet, Tap & Gymnastics program provides an opportunity for children ages 4-15 to enjoy a warm atmosphere in which they have the opportunity to function in a structured setting. Children can participate in all sessions or pick and choose sessions at your convenience. **Mommy & Me classes for gymnastics for children ages 1-3.**

Birthday Parties (offered year round)

Let us host your next birthday party! Lots of options are available at a discount for YMCA members for birthday party packages in the gym, pool, bowling alley or at Kids Business.

Family Fitness Classes (offered year round - see schedule for details)

Our Family Friendly Fitness Class is a great way to set a positive example for your children, stay active, and enjoy quality time as a family.

Girls Volleyball Clinic (offered in February & in June) - Entry level volleyball skills & drills for youth girls in grades 4-8 who are interested in learning the game of volleyball. This camp is designed to teach & enhance skill levels needed to participate in competitive volleyball. Instruction provided in individual skills, team concepts & strategies, and the finer points of the game of volleyball.

Homeschool PE (offered Jan-April & September-December)

Activities will include bowling, sports drills, kickball & dodge ball, tennis, and swimming.

Homeschool STEM (offered Jan-April & September-December)

Inventor's workshop will combine scientific principles and creativity to encourage participants to create products using the engineering process.

Kids Business Themed Half-Day Camps & Specialty Camps (offered June-August; specialty camps may also be offered over school holidays)

Half-day camps offered for ages 1-12; Specialty camps include: Science Summer Camps, Doll and Me, Girls in Action camps, Art & Fitness. Nerf Wars and LEGO®

Music & Movement for children ages 1-5 (offered Jan-May & September-December)

Our Music & Movement program provides an opportunity for children to laugh and play all while growing intellectually, emotionally, and socially. Children enjoy a warm atmosphere in which they have the opportunity to function in a structured setting. Activities will include singing, dancing, active games, story time and school readiness activities.

Child Watch Hours

Our Child Watch area (ages 6 weeks – 9 years) in the Y's main building is available while parents are using the facilities or participating in a program. There is no charge for YMCA members with a family membership. The fee for non-members is \$2.00 per hour for one child and there is a discount for more than one child. The Child Watch area is open during the following hours:

Monday – Friday: 8:15 a.m. – 1:00 p.m.

Monday – Thursday: 4:15 p.m. – 8:00 p.m.

Saturday: 8:30 a.m. – 12:00 a.m.

Kids Business Hours

Drop-in Care for ages 1-12

Kids Business is a drop-in child care program located in the lower level of the Dillon Center. They also offer half-day & all-day camps as well as birthday parties, tutoring, field trips, STEM classes and Parent's Night Out.

M/W/F 8:00 a.m. – 6:00 p.m.

Tu/Th 8:00 a.m. – 2:00 p.m.

\$8 for the first hour, \$4 each additional hour (4 hour limit) Siblings: \$4 per hour

Open Swim - see schedule for times (offered year round)

Indoor pool available 7 days a week year round. Outdoor pool and splash pad area open Tuesday-Sunday from Memorial Day-Late August

Open Gym - see schedule for times (offered year round)

Open Bowling - see schedule for times (offered year round)

Parent's Night Out & Parent's Afternoon Out (offered monthly)

Kids can enjoy an evening at the YMCA while keeping busy with activities such as swimming, baking, playing games, eating dinner, and being silly while their parents are out and about! Detailed activities for each event will be available closer to each event date.

Preschool STEM (offered spring & fall)

Preschoolers Discover & Play! (Ages 2½ – 5 years) Preschoolers will engage in play that promotes skill development and is FUN! Each workshop will focus on a specific theme that sparks curiosity in your child and encourage social connections.

Sports Camps - Soccer, Basketball, Lacrosse, Girls Volleyball (offered June-August)

We offer a variety of Sports Camps for our youth ranging from 5-15. Most Sports Camps are offered during the summer but some are offered during school breaks. These camps are a great way for kids to learn new skills or try out a new sport.

Stride Running Program for Boys & Tween Fit Running Program for Girls

Both programs are offered for children in grades 3-5. The focus is to develop strength of character by participating in interactive and comfortable discussion groups with our trained coaches. Program participants learn to work with, understand, and encourage each other rather than compete. They will challenge themselves, build self-esteem and have the opportunity talk with each other about the challenges they face each day.

Summer Camps (offered June-August)

Our full day camps involve youth in activities including STEM activities, arts and crafts, hiking, swimming, outdoor play, drama, music, service learning, relationship building, indoor play, field trips, character building, basketball, soccer, volleyball, nature study, team building, and MORE! Our morning camps have weekly themes and feature hands-on science, math, art and reading activities. Our afternoons are filled with recreation opportunities and each day offers lots of time to play!

TYDE Swim Team for ages 5-18 & Swim Lessons for ages 1-2 (Mommy & Me) 3 and older (group or private lessons) (offered year round)

Youth Basketball for ages 5-12 (offered December-February)

The J. Smith Young YMCA seeks to promote participation in youth sports by providing an atmosphere in which players can grow, learn, and experience the joy of youth sports. We do this in a fun, non-threatening environment. Our youth sports programs place emphasis on the following concepts: fun, participation, fitness, skills, teamwork, fair play, and the use of volunteers. The incorporation of these elements allows the YMCA to provide wholesome, value-oriented programs for our youth. Our goal is that YMCA youth sports programs allow every child to be a winner.

Youth Fitness Certification Class

The purpose of this free program is to educate all youth members ages 8-15 on the basic fundamentals of physical fitness. Upon completion of the Youth Fitness Certification Class, youth members at the J. Smith Young YMCA will be allowed to use selected weight equipment and group fitness classes.

Youth Soccer (offered spring & fall) - Co-Ed Leagues - hosted at Finch Park

At the Y, we are focused on youth development and teaching the life skills necessary for children and teens to become active and responsible adults. Our youth help accomplish this by developing positive self-esteem and good sportsmanship.