



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVATE SUMMER 2018 KID SUMMER CLASSES

DAYS	TIMES	CLASS / AGE	INSTRUCTOR	LOCATION
Mondays	9 am	Music & Me 1 to 5 years	Tessa	Studio 4
Mondays	3 pm	Kids Cooking* 5 to 12 years	Liesl	CW B
Mondays	3 pm	Optimal Weight Training 10+ years	Dale	FC
Monday	4 pm	KidFit 5 to 10 years	Dale	Studio 1
Tuesday	9 am	Lil' Chefs* 3 to 5 years	Kristina	Y Club
Tuesday	3 pm	Optimal Weight Training 10+ years	Dale	FC
Tuesday	4 pm	Fun & Fit 6 to 12 years	Abby	Studio 2
Wednesdays	9 am	Music & Me 1 to 5 years	Tessa	Studio 4
Wednesdays	10 am	Fun & Fit 6 to 12 years	Abby	Studio 2
Wednesdays	4 pm	KidFit 5 to 10 years	Dale	Studio 1
Thursday	9 am	STEAM* 4 to 8 years	Dolores	Y Club
Thursday	11 am	Kid Zumba 6 to 10 years	Joenelle	Studio 2
Thursday	3 pm	Optimal Weight Training 10+ years	Dale	FTR
Thursday	4 pm	KidFit 5 to 10 years	Dale	Studio 1
Fridays	4 pm	Family Kickboxing	Dale	Studio 1



**JOIN US
THIS SUMMER**

**JUNE 11 to
AUGUST 3**

THE Y IS FOR FAMILIES

Summer classes free to members! *Indicates a \$2.25 materials fee for members.

For swim lessons, Sports Agility Camp, gymnastics & karate classes see Member Services.