



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVATE SUMMER KID SUMMER CLASSES

DAYS	TIMES	CLASS / AGE	INSTRUCTOR	LOCATION
Mondays	9am	Music & Me 1 to 5 years	Maddison	Studio 4
Mondays	9am	Fun & Fit 6 to 12 years	Abby	Studio 2
Mondays	3pm	Kids Cooking* 5 to 12 years	Margaret	CW Room B
Mondays	3pm	Optimal Weight Training 10+ years	Dale	FC
Monday	4pm	KidFit 5 to 10 years	Dale	Studio 1
Tuesday	9am	Lil' Chefs* 3 to 5 years	Margaret	CW Room B
Tuesday	12pm	Dance, Dance, Dance 6 to 12 years	Camille	Studio 2
Tuesday	3pm	Optimal Weight Training 10+ years	Dale	FC
Wednesdays	9am	Music & Me 1 to 5 years	April	Studio 4
Wednesdays	10am	Fun & Fit 6 to 12 years	Abby	Studio 2
Wednesdays	3pm	Youth Agility 6 to 12 years	Dale	Studio 1
Thursdays	9am	Creative Experiences* 3 to 5 years	Doris	CW Room B
Thursday	3pm	Optimal Weight Training 10+ years	Dale	FTR
Thursday	4pm	KidFit 5 to 10 years	Dale	Studio 1
Fridays	9am	Youth Yoga/Games 6 to 12 years	Abby	Studio 4
Fridays	4pm	Family Kickboxing	Dale	Studio 1



**JOIN US
THIS SUMMER**

**JUNE 5 to
JULY 28**

THE Y IS FOR FAMILIES

Summer classes free to members! *Indicates a \$2 materials fee for members.
Swim lessons, gymnastics & karate classes also offered – please see Member Services.