

YMCA Family

Special Events

New Year's Day Open House: Your YMCA is your source and support to help you maintain your workouts and to stay on track with your New Year's Resolutions! We offer over 80 aerobic classes each week and cardio equipment and much more! Bring a guest to tour the facility and enjoy healthy snacks.

January 1, 8:00 am – 2:00 pm

Easter Egg Hunt *under 8:* The Easter Bunny will be here and you may hunt for prize-filled eggs! Bring your Easter bonnets, cameras and Easter baskets.

Register in advance at the Registration Desk.

March 28, 1:00 pm

Member Appreciation Days: Join us for refreshments, food and fun: February 11 • March 17 • April 15 • May 5

Healthy Kids Day *all ages:* There will be a 5K run/walk and a 1K Family run/walk. Festivities after the race at the Northeast Cobb Family YMCA!

April 18th Time: TBA

Want to get happy?



Get healthy.



Movie Nights

Bring a blanket, pillow and drink. The Y will provide the popcorn and fun! Movies TBA. Look for show titles in the lobby!

Shows starts at 6:30 pm

January 15 • March 12 • May 7

Networking Group

Northeast Cobb YMCA Business Group:

Grow your business by joining your fellow YMCA members in a business to business networking group! Participants meet alternating Fridays to share their business descriptions with other group members, the goal being that we all help increase each other's sales with referrals and recommendations of potential customers. If interested, email Rosemary at rosemarym@ymcacobb.org to verify weekly meeting and available professions. Note: **This is not a job networking group.**

Group meets on alternating Fridays

7:30 am – 8:30 am in the Teen Center

Free to all YMCA Facility Members

GUEST FEE: We encourage members to bring in as many different guests as you like one time each per calendar year. Please keep in mind waivers must be filled out and we have a two-hour limit in the Family Service Center. If your guest would like to use our facility after the allowed one-time use, the following fees apply: **FAMILY: \$15 per day • ADULTS/TEENS 13+: \$10 per day**

Y Kids: Kid Care, Camps & more!

Parent's Days Out

Parent's Morning Out *members ages 2-5:* Your child will develop independence and self-esteem as he or she learns to socialize with other children through circle time, songs, stories, games and gym time, crafts and hands on experiences. **Bring a lunch!** Classes will follow Cobb county school schedule. Limited availability.

Mondays, Wednesdays & Fridays, 9:00 am – 12:30 pm

MEM: \$15/child/day (\$10 each additional child)

Parent's Night Out *members ages 2-12:* Children will enjoy activities in the Y-Pod and Gym. We will watch a movie and provide a craft. **Dinner provided.** Please register by the Wednesday before the event. No online registration. Please register by the Thursday before event.

Fridays, 6:00 pm – 10:00 pm

Jan. 22 • Feb. 19 • March 19 • April 16

MEM: \$20 (\$15 each additional child)

School's Out Holiday Camp *ages 5-12:* School Holiday Camp Open to the community: School's out! Come to the YMCA for fun, friendship and fitness. Look for informational flyers in the lobby.

9:00 am – 4:00 pm

Jan. 4 Reg deadline: Dec. 16

Feb. 15 Reg deadline: Feb. 10

April. 5 – 9 Reg deadline: March. 31

MEM: \$35 PRO: \$50

Middle School Nights *grades 6th-8th:* A special night for your middle school at our YMCA! This spring, the Northeast Cobb YMCA will be partnering with specific schools in the area for their student body to have a special night for their community! Parents can enjoy an evening out while their middle school kids have fun playing games, competing in tournaments, listening to music and enjoying time with their friends in a safe environment. Concessions will be available throughout the night.

Specific Saturdays, 8:00 pm – 11:00 pm

Dates coming soon in your school newsletter!

MEM: \$5 PRO & COM: \$10

Check out Preschool Sports on pg. 8!

Christina Luna

Family Services Coordinator

phone: 678-569-9622 Ext. 233

Northeast Cobb YMCA • Winter/Spring 2010 • 678-569-9622 • ncy.ymcaatlanta.org



Summer Camp Preview

Mini Camps • Sports Camps

Half day & Full Day *ages 3 - 15*

Camps run M – F: May 24 - Aug 6

Watch for summer camp guides online beginning in February 2010 (ncy.ymcaatlanta.org)

Information Meeting: we'd like to invite you to learn more about our new summer camp format and the exciting new activities we have planned for your kids at summer camp 2010!

Look for more information in February!

Story Time

Story Time *ages 3-5:* Bring in your child for an imaginative time of stories and sharing. A creative time which taught children the rewarding past-time of reading!

Wednesdays, 10:30 am – 11:00 am

Educational Classes

Babysitting Class *ages 10+:* Learn basic child care, accident prevention, how to handle emergencies, entertainment ideas, home and fire safety and much more. Bring a doll to class.

Sundays, 1:00 pm – 3:00 pm

January 17 • March 21

MEM: \$20 PRO: \$30



Y Kids: Dance, Fitness & Birthdays!

Dance Classes

Ballet & Make Believe *ages 3-6*: Classical ballet, music, literature and costumes will engage your child's senses and develop imagination. This 8-week class will focus on ballet and age-appropriate choreography.

Thursdays, 5:00 pm – 6:00 pm (*Mind & Body Studio*)

Session 1: January 7 – February 25

Session 2: March 4 – April 29 (*no class March 8*)

MEM: \$80 PRO: \$100



Tap, Tap, Tap *ages 4-6*: This 8-week class teaches the best of tap dance! Tap shoes required.

Thursdays, 4:00 pm – 5:00 pm (*Main Studio*)

Session 1: January 7 – February 25

Session 2: March 4 – April 29 (*no class March 8*)

MEM: \$80 PRO: \$100



YMCA Parties

Birthday Parties *ages 5-12*: we make it fun and easy to celebrate your child's birthday! Parties can accommodate up to 12 children. You can choose from soccer, hockey, and basketball. You just bring the cake and kids! You are also welcome to have food delivered, and /or invite your own entertainment. If you have your own ideas for a party theme we will do our best to customize the perfect party for your child. Parties are held in the arena and food service area. Parties include a coordinator to assist you during the party. Parents provide all refreshments and paper products. Contact Christina Luna for date availability. Parties book fast.

March 1 – November 1

Sundays: 12:30 – 2:30 pm

MEM: \$125 PRO: \$175



Fitness for Kids & Teens

Kid Fit *free for members ages 3-6*: While mom and dad work out, the kids can enjoy a 30 minute class which includes frog jumps, jumping jacks, marching hopping, and fun games that will keep them active. Sign up at the Ypod!

Mondays, Wednesdays, Fridays,
10:00 am – 10:30 am

On the Move *free for members ages 5-12*: Sports activities to keep your child engaged. After your child is signed in at the Y-Pod, staff members will gather them up every 30 minutes to take them to the basketball gym or arena to participate in group activities like basketball, soccer, and volleyball. Appropriate athletic footwear and apparel should be worn. Sign up at the Ypod.

Mondays – Thursdays 5:00 pm – 7:00 pm

Y Team Sports Parties – Our food service area is now available for team parties on Saturday afternoon and possibly Sundays.

1 hour for \$50

For party reservations please contact Christina Luna.

Check out Preschool Sports on pg. 8!

