

# Kids & Family



## **Parent's Morning Out** *ages 18 months - 5 years*

All classes are 9:00 am - 1:00 pm

**PMO Mondays & Wednesdays:** Your child will develop independence and self-esteem as he or she interacts with other children through circle time, songs, crafts and more.

MEM: \$205 monthly PRO: \$230 monthly  
MEM: \$65 weekly PRO: \$75 weekly

**PMO Tuesdays:** Your child will be enriched through fun age-appropriate physical activity such as interactive play, gym time, mini-sports, gymnastics, fitness and more.

MEM: \$105 monthly PRO: \$130 monthly  
MEM: \$36 weekly PRO: \$46 weekly

**PMO Thursdays:** Your child will develop socialization skills with other children through creative story time, songs, creative projects, musical movements and more.

MEM: \$105 monthly PRO: \$130 monthly  
MEM: \$36 weekly PRO: \$46 weekly

For more information email: [belisem@ymcaatlanta.org](mailto:belisem@ymcaatlanta.org).

## **Parent's Time Out** *ages 18 months - 12 years*

**Parent's Afternoon Out: 2:00 – 7:00 pm**

Aug. 14: Mad Science 18 mos - 2 yrs • 3 - 5 yrs • 6 - 12 yrs

Oct. 9: Oz 18 mos - 2 yrs • 3 - 5 yrs • 6 - 12 yrs

Dec. 11: World Trip 18 mos - 2 yrs • 3 - 5 yrs • 6 - 12 yrs

MEM: \$25/child (\$15 for each additional child)

**Parent's Night Out: 4:00 – 9:00 pm**

Sept. 11: Back to School 18 mos - 2 yrs • 3 - 5 yrs • 6 - 12 yrs

Nov. 13: Festival Feast 18 mos - 2 yrs • 3 - 5 yrs • 6 - 12 yrs

MEM: \$25/child (\$15 for each additional child)

For more information email: [belisem@ymcaatlanta.org](mailto:belisem@ymcaatlanta.org).

## **Community Development** [amyg@ymcaatlanta.org](mailto:amyg@ymcaatlanta.org)

**Ragtime Seniors:** This fitness program provides the seniors with an opportunity to become physically fit while sharing in the "Y" experience.

**Carl Sanders Enrichment Program *ages 5-12:*** This program focuses on enrichment activities, sports activities, fun games and life strategy concepts through group discussion. Participants are selected from William Scott Elementary School. Program runs through the school year

## **Community Development** - continued

**Super Saturday:** Character building, sharing and teamwork through interactive activities, field trips and more!

**LAA Seniors:** This fitness program provides the "Y" experience to the Latino community.

## **Child Watch**

**Play Center *ages 3 months - 12 years:*** Let our trained staff watch your children while you work out.

- Benefit of facility membership
- 2 hour limit per day, up to 8 hrs per week  
Children are divided into age groups
- Infants, Crawlers, Walkers, Y-Tikes (3-5 yrs.)
- Y-Zone (6-12 yrs.)

## **Fit Kids**

**Group Exercise Classes:** Just for facility member kids at no additional cost.

**Kids Garden *ages 3-5*** This class will introduce children to the most important element of healthy living - healthy eating in our organic garden. Each week they will water, weed and harvest the garden.

Tuesdays, 3:00 – 3:30 pm

**Kids Rock *ages 3-5* & Kids PE 101 *ages 6-9:***

This class focuses on increasing cardiovascular strength within a fun and inviting environment. Class is taught by a trained member of the wellness staff.

Tuesdays and Thursdays

Ages 3-5: 3:30 – 4:15 pm

Ages 6-9: 4:00 – 5:00 pm

**Kids Yoga *ages 6-12:*** A variety of yoga poses done in a playful atmosphere. This class focusses on breathing, balance and relaxation. Thursdays at 4:15