

EAST YMCA WINTER YOUTH & FAMILY

Effective 01/04/20 - 05/31/20

CONNECT THROUGH OUR FREE APP



SCHEDULES, WORKOUTS, REWARDS, AND MORE

SEARCH FOR "WICHITA YMCA APP"

MOM'S DAY OUT	AGES	MON	TU	WED	TH	FR	SA	SU
Enjoy activities like gym games, swimming, arts and crafts, creative play, outdoor activities, stories and a snack - all while making new friends!	2-5 year-round (non potty-trained allowed)		9:30A- 1:30P		9:30A- 1:30P			
This is not a licensed child care program. Participants may only attend one day per week.								

Available at Andover, East, El Dorado, Newton, North, Northwest, and South YMCAs

FEES: \$45/member | \$65/non-member per 4-week session
\$55/member | \$75/non-member per 4-wk session (5 hour time)
(Bank draft available)
ONE DAY DROP-IN FEE: \$20/member
\$30/non-member (space limited)

What should my child bring?

A backpack or bag with:

- Sack lunch and drink
- Swimsuit and towel

Siblings that attend together should attend with separate bags.

Attire: Comfortable and appropriate play clothes.

Swimming: Participants swim in the shallow end of our indoor pool. If you are uncomfortable having your child swim, please notify the instructor and our staff will accommodate.

Children must be potty-trained to swim. Non-swimmers will have a separate activity.

PARENT'S NIGHT OUT: ages 2-10

Dates: Jan. 4 and 18, Feb. 1 and 15, Mar. 7 and 21, Apr. 4 and 18
May 2 and 16

Hours: 5:30-9:30P

Fees: \$15/member | \$20/non-member per date

TODDLER TIME: ages 2-6 | Parent participation required

Spend a fun-filled time together with your toddler as you meet other families in our gymnastics center.

Hours: Mondays 10-11:30A

Fees: FREE/member | \$10/non-member per child

MARTIAL ARTS:

Little Tykes: ages 4-7 | 45-min | Mon. and/or Wed. 6:30P

Family: ages 8+ | 60-min | Mon. and/or Wed. 7:15P

Fees: \$27/1 class per week | \$54/2 classes per week

POLICIES AND PROCEDURES:

Behavior: Our goal is to develop self-discipline and respect for others. When necessary, the following age-appropriate discipline will be used:

- We will use logical consequences and redirect children displaying inappropriate behavior.
- In some cases, supervised removal (time out) may be used.
- If a child is having excessive problems (biting, hitting, etc.) the parent will be called and requested to pick up child.

Illness: Children showing signs of illness will not be allowed to attend Mom's Day Out. If your child has a communicable illness or head lice, please notify the staff immediately so appropriate action may be taken.

Fire/Building Evacuation: In the event of a fire or other evacuation situation, staff will escort all children out of the facility.

Tornado or Bad Weather: Staff will escort children to the assigned locker room.

Accident or Injury: All Mom's Day Out staff are certified in CPR/AED & first aid. Proper care will be administered as needed.

BIRTHDAY PARTIES: all ages

You bring the guest of honor and we will do the rest! Contact the front desk for available dates and times. Parties are priced for 10 children; theme parties and additional options available.

Indoor Pool	\$125 \$150
Sports	\$125 \$150
Gymnastics	\$150 \$175
Climbing	\$150 \$175

Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.

For more information, contact the Youth Programs Coordinator at: Ashley.cooper@ymcawichita.org or 316.685.2251 ext. 8075

YOUTH AND FAMILY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



At the Greater Wichita YMCA, we are about community and providing fun opportunities for families. Whether it's playing basketball together, enjoying the pool, or a safe place for your child to play and make new friends, we know we can be the favorite choice for you and your family.

MOM'S DAY OUT: ages 2-5 year-round | June-July ages 6-10

Activities like gym games, swimming, arts and crafts, playtime, stories and snack will give your child a fantastic day at the Y! Your child will get the opportunity to make new friends while developing their social skills. Sack lunch, swim suit and towel required.

See back of flyer for details. Register 1 session per week for 4 weeks. A minimum of 5 kids, per session, is required to host Mom's Day Out.

PARENT'S NIGHT OUT: ages 2-10

Date night can be fun for everyone! Bring your kids to the Y and let us entertain them. Kids will enjoy arts and crafts, recreational activities, swimming, pizza and a healthy snack. Swim suit and towel required. See back of flyer for details.

GROUP EXERCISE: ages 9-12 with a parent/guardian

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, and more. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. FREE with your family membership.

FAMILY RECREATION: all ages

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times. Schedules for open swim and open gym times are available at ymcawichita.org/group-exercise-schedule or at any YMCA location. FREE with your family membership.

MARTIAL ARTS: ages 5+

Enjoy this fun activity that's great for kids and the whole family. Improve your self-confidence, self-control, concentration, coordination, reflexes and overall health as you learn self-defense techniques. Uniforms and testing are optional for all YMCA Martial Arts classes. Taekwondo and Karate are offered at varying locations. See back of flyer for details.

DID YOU KNOW? Youth ages 13+ can utilize most YMCA services including the indoor track, fitness centers (some equipment limitations apply) and group exercise classes.

FINANCIAL ASSISTANCE:

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-based financial assistance are available at any YMCA location or online at ymcawichita.org.