FUN AND PLAY AT THE YMCA

FREE Activities for Kids & Families

DAVIS FAMILY YMCA

Revised 6/08/16
PROGRAMS

**Anime Club (12 & up)**
Join other Anime lovers, both kids and adults to create and discuss this specialized graphic style. 3rd Saturday of every month, 4-5:30 pm.

**Group Fitness (14 & up)**
Kids age 14 & up can attend any group exercise class including water fitness. Most classes are included in membership.

**Family Movie Night (all ages)**
Join us for some pajamas, punch, popcorn and PG rated FUN! Wear pajamas and bring pillows or blankets for comfort. 1st Friday of every month, 7-9:30 pm

**Gettin’ Fit (7–13 yrs)**
Fitness instructors direct a variety of energetic and challenging programs and games. Mon–Friday, 6–7 pm during the school year. Family Yoga on Wed. Call for Summer Schedule.

**International Club (all ages)**
A great way to engage with international families living locally. Socialize, learn, laugh & eat. Usually meets 3rd Friday of the month from 4:00-5:30 pm.

**Lego Club (6–12 yrs)**
Develop problem solving and critical thinking skills with various Lego challenges building towers, vehicles, bridges, animals and more!

**Pickleball**
A fun game for any age in Gym Court 1. Check out our detailed brochure.

**Play Date (18 mos.–5 yrs)**
Loosely structured play time with art, stories and music in Family Adventure Center. Guests may attend for a $5 fee, but must purchase a guest pass to stay beyond Play Date and access facility. Mon & Wed 9:30-11:00 am. Summer Hours: Tue & Thu 9:30-11:00 am.
FACILITY
Kids Club (ages 6–7)
Enjoy board games, computers, ping pong, air hockey and more. Must be signed in/out by parent or guardian age 16+.

Family Adventure Center (age 7 & under)
Experience our indoor climbing equipment, cargo net and rock climbing wall. Parental supervision is required at all times.

Open Swim
Parents must be in the water with children under 6. Check out our pool schedule for open swim and spray times!

Rec Center (age 8 & up)
Have fun, relax, or play a friendly game of ping pong, air hockey, family board games or computers. Homework help available during staffed hours. Call for staffed hours.

Smart Start (age 14 & up-$175 value)
3–4 private sessions with a highly trained Wellness Coach to assist the member set attainable goals, individualize exercise programs, and provide ongoing support.

Youth and Family Open Gym
Hoops are able to be lowered so everyone in the family can play! Thu/Sat competitive volleyball available on Court 2.

Youth Fitness Center (age 8–13 yrs)
Offers interactive and traditional fitness equipment designed to guide young fitness enthusiasts into healthy and safe exercise habits. Tennis shoes required.
Mon–Fri 3–9:30 pm. Sat 8:30–8 pm and Sun 12:30–8 pm during the school year.

More ideas on backside.
**Davis Outdoor Recreation Area**
Enjoy the newly expanded outdoor track, playground and AstroTurf field. Closes at dusk and during inclement weather.

**Game Time**
Check out a family favorite board game—Checkers, Scrabble, Cards, Rummikub, Chess and more! Games available at the service desk.

**Multi-Purpose Room**
Family basketball for ages 13 and under with parents. Available when no other programming is being conducted.

For more ideas on family fun, check our program session sheets, our website, or social media.