

# Child, Youth, and Family Program Descriptions

<p><b>Family Playtime</b>  <b>Drop-in</b>  All ages</p>	<p>Enjoy time with your children or grandchildren, and meet other parents! YMCA Family Playtime is a great opportunity to drop in with your children and spend some quality time playing interactive activities, competing at simple sports, building block towers, doing puzzles, and reading books.</p>
<p><b>Y Play</b>  <b>Pre-registration required</b>  Ages 6 wks – 5 yrs</p>	<p>Take care of yourself. Let our trained staff take care of your children while you take a class, go for a swim, or meet other parents in our center of community. In Y Play, children can play with toys, learn to get along with other children, and engage in fun activities appropriate for their ages and stages. Talk to our Membership Services Desk for more information.</p>
<p><b>Creative Play</b>  <b>Pre-registration required</b>  Ages 3 – 5</p>	<p>In YMCA Creative Play, kids get creative and participate in a variety of activities that help them develop fine motor skills, creative problem-solving skills, imagination, and physical literacy, social interaction skills. Activities include puzzle games, cooperative games, catching, throwing, balancing, circle time, creative movement, and much more!</p>
<p><b>Multi-Sports</b>  <b>Pre-registration required</b>  Ages 6 – 12</p>	<p>Kids make friends, have fun, and learn the value of fair play through basic sports in YMCA Multi-Sports. Kids will run, jump, shoot, and pass while playing a variety of sports related games.</p>
<p><b>Active Kids</b>  <b>Pre-registration required</b>  Ages 6 – 12</p>	<p>Kids build the foundations of advanced movement skills in a safe and challenging environment. In YMCA Active Kids, activities are well structured, positive and fun, and concentrate on developing the ABC's - agility, balance, coordination, and speed.</p>
<p><b>Games Galore</b>  <b>Pre-registration required</b>  Ages 6 – 12</p>	<p>It's your turn! YMCA Games Galore lets kids choose from a variety of games that teach valuable life skills such as problem solving and cooperation. May include board games, card games, lego, active games, and more!</p>
<p><b>Active Brains</b>  <b>Pre-registration required</b>  Ages 6 – 12</p>	<p>Brains don't just need books; they also need a healthy dose of interactive fun. YMCA Active Brains does just that. This program offers a variety of educational activities.</p>
<p><b>Pre/Teen Fitness Orientation</b>  <b>Pre-registration required</b>  Ages 11 – 15</p>	<p>This orientation is required for young people aged 11 –15 before using the strength and conditioning area, and is available via pre-registration only at our membership services desk. We have two options: pre-teen (11 – 12), and teen (13 – 15) fitness orientations. In our YMCA pre-teen/teen fitness orientations, young people can learn how to use fitness equipment safely on their own, empowering them to start healthy exercise habits.</p>