



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMILSON YMCA SEPTEMBER STAYCATION WEEK ACTIVITIES

<u>Tuesday, September 3rd</u>	<u>Wednesday, September 4th</u>	<u>Thursday, September 5th</u>	<u>Friday, September 6th</u>	<u>Saturday, September 7th</u>
<p>6:30am-8:30am: Open Swim</p> <p>8am-8pm: Playroom Open</p> <p>11:15am-3:45pm: Open Swim</p> <p>3pm-5pm: Youth Strength & Cardio Training***</p> <p>3:30pm-8pm: Activity Center Open</p> <p>6pm-7pm: Family Swim</p> <p>8pm-9:30pm: Open Swim</p> 	<p>7am-8am: Open Swim</p> <p>8am-8pm: Playroom Open</p> <p>9am-9:30am: Open Swim</p> <p>10:30am – 12pm: Family Gym</p> <p>11:15am-3:45pm: Open Swim</p> <p>3pm-4pm: Try Me: Soccer**</p> <p>3pm-5pm: Youth Strength & Cardio Training***</p> <p>3:30pm-8pm: Activity Center Open</p> <p>6pm-7pm: Family Swim</p> <p>6:15pm – 6:45pm: Family GRIT*</p> <p>7pm-9:30pm: Open Swim</p>	<p>6:30am-8:30am: Open Swim</p> <p>8am-8pm: Playroom Open</p> <p>11:15am-3:45pm: Open Swim</p> <p>3pm-5pm: Youth Strength & Cardio Training***</p> <p>3:30pm-8pm: Activity Center Open</p> <p>4pm-5pm: Try Me – Basketball**</p> <p>6pm-7pm: Family Swim</p> <p>6:15pm – 6:45pm: Family GRIT*</p> <p>8pm-9:30pm: Open Swim</p> 	<p>7am-8am: Open Swim</p> <p>8am-8pm: Playroom Open</p> <p>9am-9:30am: Open Swim</p> <p>10am: Tales from the Wild - SSNSC</p> <p>10:30am – 12pm: Family Gym</p> <p>11:15am-3:50pm: Open Swim</p> <p>3pm-5pm: Youth Strength & Cardio Training***</p> <p>3:30pm-8pm: Activity Center Open</p> <p>5pm-7pm: Friday Family Fun Night</p> <p>5:05pm-8pm: Family Swim</p> <p>8pm-9:30pm: Open Swim</p>	<p>6:30am-8am: Open Swim</p> <p>8am-2pm: Playroom and Activity Center are open</p> <p>8am-11am: Drop In Volunteer Day at the Farm - SSNSC</p> <p>9am-1pm: Youth Strength & Cardio Training***</p> <p>10am: Nature Encounters-SSNSC</p> <p>1:20pm-2:30pm: Open Swim</p> <p>3:30pm-6:30pm: Family Swim</p> <p>6:30pm-7:30pm: Open Swim</p> 

For more information, please call the Member Service Desk at 781-829-8585.

Please flip over for more specifics on * activities.



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***Family GRIT** – Offered September 4th and 5th from 6:15pm – 6:45pm on the Turf for Parents/Guardians and their kids 10+ yrs. (anyone under the age of 13 yrs. must be accompanied by a parent or guardian). This 30 minute HIGH-INTENSITY INTERVAL TRAINING quick burst of work including: Push-up, Burpees, Power Lunges, Squats and many more functional exercises. These HIIT workouts build cardiovascular fitness while improving strength and reaction time for that inner athlete in you.

Wednesday September 4th - Cardio

Thursday September 5th - Athletic

****Try Me Soccer & Basketball** classes are for children 6 and under. Located in the Gymnasium.

*****Youth Strength & Cardiovascular Training:** Ages 7 and up are able to utilize specific strength and cardiovascular pieces of equipment in our Health & Well-being Center. Please call the Health & Well-being Desk for a 30 minute appointment – which is needed prior to use. 781-829-8585 ext. 8255.

SSNSC: South Shore Natural Science Center