



FAMILY MEMBERSHIP ACTIVITIES QUINCY YMCA – JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • Open Turf 7am - 6pm • Open Basketball 7am - 6pm • Open Family Track 9-11am • Playroom 8:45am-12pm • Arts & Crafts 9am - 12pm • Family Pickle Ball 10am - 12pm • Books & Bounce 11:30am - 4pm • Open Family Swim 12:30 - 1:30pm & 3:45- 5:45pm • Youth Strength & Cardio - All Day • Outdoor Center 10am - 6pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Turf 8am - 6pm • Open Basketball 8am - 6pm • Family Pickle Ball 10am - 12pm • Playroom 8am-12pm/4pm-8pm • Activity Center 8am-12pm 4pm - 8pm • Self-Guided Arts & Crafts 12pm - 4pm • Open Family Swim 3pm - 5pm & 6:30 - 8:30pm • Youth Strength & Cardio - All Day • Outdoor Center 1:30pm-6:30pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Turf 8am - 6pm • Open Basketball 8am - 6pm • Playroom 8am-12pm/4pm-8pm • Activity Center 8am-12pm /4pm-8pm • Family Pickle Ball 10am - 12pm • Self-Guided Arts & Crafts 12pm - 4pm • Open Family Swim 10:30am - 3pm & 3pm - 6pm & 6:30pm - 8:30pm • Youth Strength & Cardio - All Day • Outdoor Center 1:30pm-6:30pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Turf 8am - 6pm • Open Basketball 8am - 6pm • Playroom 8am-12pm/4pm-8pm • Activity Center 8am-12pm /4pm-8pm • Family Pickle Ball 10am - 12pm • Self-Guided Arts & Crafts 12pm - 4pm • Open Family Swim 10:30am - 3pm & 3pm - 5pm & 5:50pm - 8:30pm • Youth Strength & Cardio - All Day • Outdoor Center 1:30pm-6:30pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Turf 8am - 6pm • Open Basketball 8am - 6pm • Playroom 8am-12pm/4pm-8pm • Activity Center 8am-12pm /4pm-8pm • Family Pickle Ball 10am - 12pm • Self-Guided Arts & Crafts 12pm - 4pm • Open Family Swim 10:30am - 3pm & 3pm - 6pm & 6:30pm - 8:30pm • Youth Strength & Cardio - All Day • Outdoor Center 1:30pm-6:30pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Turf 8am - 6pm • Open Basketball 8am - 6pm • Playroom 8am-12pm/4pm-8pm • Activity Center 8am-12pm /4pm-8pm • Family Pickle Ball 10am - 12pm • Self-Guided Arts & Crafts 12pm - 4pm • Open Family Swim 12pm - 8:30pm • Youth Strength & Cardio - All Day • Outdoor Center 1:30pm-6:30pm • Germantown Garden: Volunteer 	<ul style="list-style-type: none"> • Open Basketball 7am -6pm • Self-Guided Arts & Crafts 9am - 12pm • Playroom 8am-12pm • Open Family Track 9-11am • Family PoundFIT 10a (Every) • Open Turf 11am - 6pm • Books & Bounce 11:30am - 4pm • Open Family Swim 12:30pm - 5:45pm • Youth Strength & Cardio - All Day • Welcome Weekend Camp 6/18, 9-12pm • ELC Playground 9-12pm • Outdoor Center 10am - 6pm

*Events are subject to change without notice.

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OPEN TURF / YARD GAMES	The turf will be segmented by age group/family offerings / Come join us for Family fun yard games on the turf.
OPEN BASKETBALL	The Courts will be segmented by age group/family offerings.
OPEN FAMILY TRACK	7-13 year olds, supervised by an adult/guardian, can utilize the walking/running track.
PLAYROOM / ELC PLAYGROUND	Exclusive to our Household Members - Playroom: ages 6 weeks to 6 years / Playground: ages 3 years to 8 years. *Fully Toilet Trained required.
ARTS & CRAFTS – SELF GUIDED	Located outside of the Playroom, stop by and show you're artistic side.
FAMILY PICKLEBALL	Ages 7-13 years old, supervised by an adult/guardian, can play Pickleball. Equipment provided.
BOOKS & BOUNCE	Books will be read according to age in our Multipurpose B Conference Room then Bounce In our Bounce House located on the Turf for ages 3-8.
YOUTH STRENGTH & CARDIO	Ages 7-12 year olds can learn to utilize specified Cardiovascular & Strength equipment within our Health & Wellness Center. *Appointment encouraged
GERMANTOWN GARDEN: VOLUNTEER	Volunteer at our Germantown Neighborhood Center Garden. Contact Josh for more information: Jesquivel@ssymca.org .
OPEN FAMILY SWIM	Located in our Family Pool or Lap Pool
FAMILY GROUP EXERCISE	PoundFIT, every Saturday at 10am in Studio B. Ages 7+ accompanied by an adult.
WELCOME WEEKEND CAMP	June 18th - 9am - 12pn - The weekend before Camp Quirk starts - join us for some fun!
FAMILY VOLUNTEER	Please contact Katelyn Szafir at KSzafir@ssymca.org for Family Volunteer Opportunities
OUTDOOR CENTER - EMILSON BRANCH	Exclusive to our SSYMCA Members - our Outdoor Center at the Emilson Branch is included in Membership - Opens June 18th. Hours are weather permitting.

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