



FAMILY MEMBERSHIP ACTIVITIES

QUINCY YMCA – AUGUST 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 Drop In - All Day • Outdoor Center • Volunteer at Germantown Garden 	<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 • TOT Gym 12:15 - 1:30pm • Open Family Swim 3pm - 5pm & 6:30 - 8:30pm • Youth Strength Drop In - All Day • Outdoor Center 	<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 3pm - 6pm & 6:30pm - 8:30pm • Youth Strength Drop In- All Day • Outdoor Center 	<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 • TOT Gym 12:15 - 1:30pm • Open Family Swim 3pm - 5pm & 5:50pm - 8:30pm • Youth Strength Drop In- All Day • Outdoor Center 	<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 3pm - 6pm & 6:30pm - 8:30pm • Youth Strength Drop In- All Day • Outdoor Center 	<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 • TOT Gym 12:15 - 1:30pm • Open Family Swim 12pm - 8:30pm • Youth Strength Drop In- All Day • Outdoor Center 	<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 • Family Group Exercise* • Books & Bounce 11:30am - 4pm • Open Family Swim 12:30pm - 5:45pm • Youth Strength Drop In- All Day • ELC Playground 9-12pm • Volunteer at Germantown Garden

All offerings are subject to change without notice.

FAMILY MEMBERSHIP ACTIVITIES QUINCY YMCA – JULY 2022

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 track
PLAYROOM	Exclusive to our Household Members - ages 6 weeks to 6 years
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	3 Books will be read according to age in our Multipurpose B Conference Room then Bounce from 12pm - 4pm located on the Turf for ages 3-8.
YOUTH STRENGTH DROP-IN	Ages 7-12 year olds can learn to utilize specified Cardiovascular & Strength equipment within our Health & Wellness Center.
GERMANTOWN GARDEN	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 is offered every Saturday at 10am in Studio B, including additional classes advertised separately
ELC PLAYGROUND	Exclusive to our Household Members, an extension of our Playroom - ages 3 years to 8 years. *Fully Potty Trained required.
OUTDOOR CENTER - EMILSON	Exclusive to our SSYMCA Members - our Outdoor Center at the Emilson Branch is included in Membership