



BELONG

TO MORE THAN JUST A GYM.

JANUARY FAMILY CALENDAR • CAMPO FAMILY YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Family Program Highlights and Special Events!						
		1 Family Body Flow 6PM	2 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	3 Kids Boot camp 6PM	4	5 Judo 8am-12pm
6	7	8 Family Body Flow 6PM	9 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	10 Kids Boot camp 6PM	11 PNO 5:30-9:30PM Midnight Basketball 9:30pm-12:00am	12 Judo 8am-12pm
13	14	15 Family Body Flow 6PM	16 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	17 Kids Boot camp 6PM	18	19 Judo 8am-12pm
20	21	22 Family Body Flow 6PM	23 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	24 Kids Boot camp 6PM	25 PNO 5:30-9:30PM	26 Judo 8am-12pm
27	28	29 Family Body Flow 6PM	30 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	31 Kids Boot camp 6PM		
		STAYING ACTIVE	PROGRAMS	EVENTS		

STAYING ACTIVE

Wellness Orientation

Multiple Days/Times Weekly

For Kids 10-15 years old who want to participate in Group Ex classes or work out on the wellness floor. Free to members, register at the Welcome Center.

Family BodyFlow

Tuesdays 6 pm

BodyFlow combines the practice of Yoga, Tai Chi, and Pilates into a workout that builds flexibility and strength and leaves you feeling centered and calm.

Kids Boot Camp

Thursday 6pm

This class allows exercise to be fun and effective with a special emphasis on cardio, agility and balance drills. Children will burn calories while engaging in exciting and fun activities, which may include obstacle courses, tag games and athletic challenges.

Judo

Wednesdays: 7:45-8:45pm

Saturdays: 8am-12pm

Judo, meaning "the gentle way", is an unarmed style of Martial Arts that builds strength, endurance, confidence and moral character. Judo teaches you throws, hold-downs, and kicks that can give you the ability to defend yourself, if the need arises. Classes are appropriate for students age 5 and up.

Everyone: Wed 7:45-8:45pm

Kata forms: Sat 8:00-9:00am

Youth: Sat 9:00am-10:00am

Teens/Adults: Sat 10:00am-12:00pm

(w/Jiu-jitsu training)

PROGRAM HIGHLIGHTS

Parents Night Out

Jan. 11

Jan. 125

5:30pm-9:30PM

Who doesn't need a night off?

Program for kids ages 5-12. They hang out and have an AWESOME time at the Y, while parents get a night out! Register early as spaces fill fast! This is FREE to our Everywhere members!

Youth Art Program

Wednesdays 5:00-7:00pm

The Y art program is offered for ages 6-17. One of the program's goals is to provide all an opportunity to explore the world of art by using art history and famous artists as a foundation. Students will create their own artwork using various art mediums. Stop by the welcome center for more information!

Members: \$39

Non-Members: \$63

Midnight Basketball

Friday, January 11th

9:30pm-12:00am

Looking for something for your teen to do on a Friday night? Midnight Basketball is a 1 night open tournament for kids ages 12-17. The night will involve scrimmage games, shoot-outs, contests, and more. Spots are limited! Sign up today!

Members: \$12

Non-Members: \$20

SPECIAL EVENTS



Like the Campo Family YMCA on Facebook to stay up to date on all of our fun activities, events and any last minute notifications.