



January Family Calendar

New Tampa Family YMCA

SUN	MON	TUE	WED	THU	FRI	SAT
Pool Hours						
1p-5:30p	5:30a-8p	5:30a-8p	5:30a-8p	5:30a-8p	5:30a-8p	7a-5:30p
Program Highlights and Special Events!						
		1 New Year's Day YMCA open 7am-6pm Kid Zone Open 8am-12:30pm Family Open House 1-4pm	2 Family Open House 1-4pm	3 Family Open House 1-4pm Aikido 8p-9:30p	4 Family Open House 1-4pm Family Movie Night 6:30pm Open Gym 6p-8p	5 Judo 12p-2p
6	7 Family Open House 1-4pm Rock Wall 6p-8pm	8 Students Return to School Today Aikido 8p-9:30p	9 Family Event Bricks 4 Kidz* 6p-7p 	10 Aikido 8p-9:30p	11 Open Gym 6p-8p Pokémon & Beyblades YZ 5p-7p	12 Judo 12p-2p Parents' Night Out "Back to School" 5:30p-9:30p
13	14 Costume Monday KZ 8a-12:30p 3:30p-8p Rock Wall 6p-8p	15 Aikido 8p-9:30p	16 Music & Movement 11:30am	17 Aikido 8p-9:30p	18 Pokémon & Beyblades YZ 5p-7p Open Gym 6p-8p	19 Bring a Friend Open House Judo 12p-2p
20	21 Rock Wall 6p-8p Costume Monday KZ 8a-12:30p 3:30p-8p	22 Aikido 8p-9:30p	23 Wacky Wednesday KZ & YZ Family Craft Night 6p-7p 	24 Aikido 8p-9:30p	25 Open Gym 6p-8p	26 Judo 12p-2p Parents' Night Out "MLK" 5:30p-9:30p
27	28 Rock Wall 6p-8p Costume Monday KZ	29 Aikido 8p-9:30p	30 Music & Movement 11:30am	31 Aikido 8p-9:30p		

ACTIVITIES **PROGRAMS** **EVENTS**



FACILITY UPDATES

Youth Zone Hours

Monday– Thursday:
3:30pm–8:30pm
Friday: 3:30pm–7:30pm
Saturday: 8am–1pm
Sunday: 1pm–6pm
Kid Zone Hours
Monday– Friday:
8:00am– 12:30pm
Monday– Thursday:
3:30pm–8:30pm
Friday: 3:30pm–7:30pm
Saturday: 8am–1pm
Sunday: 1pm–6pm

Youth Zone Holiday Hours

Jan. 1st-4th & 21st
Open 8am-12:30pm

Kid Zone and Youth Zone

Jan. 1st only open
8am-12:30pm

Wellness Info

Group ex. Youth Policy :

Members aged 10 and older are welcome to attend certain classes with their parent or guardian – see group exercise schedule for details.

YOUTH ORIENTATION:

Members aged 10-14 must complete a youth fitness orientation prior to using the wellness floor. Ask a Wellness Coach or Welcome Representative for more details and to register.

*Look for a "star" the group exercise schedules that indicate what classes are "Family Friendly for members aged 10 and older."

WEEKLY ACTIVITIES

Judo

Saturdays 12p-2p
Discover the difference! Discover the endurance, strength, and coordination through the art of Judo in our gymnastics room. Classes available for youth (5-12) and teens/adults (13 & up)

Aikido

Tuesdays & Thursdays 8p-9:30pm
This modern Japanese martial art uses the repetitive practice of various motions until rational and unforced movement flows naturally throughout the body. Regular practice brings a sense of authenticity and self-confidence that permeates all aspects of daily life. Classes available for youth (13 & up)

Pokémon & Beyblades Fridays in the Youth Zone

5p-7p
Calling all Pokémon & Beyblade fans! Every Friday bring your cards or your blades! We will have battles and sharing (no trading).

Costume Mondays Mondays in the Kid Zone

During operating hours
Children are encouraged to dress up in their favorite costume during their visit to the Kid Zone.

Wacky Wednesday Wednesdays in the Kid Zone & Youth Zone

During operation hours
Crazy hair, mismatch socks, backwards clothes, creativity is encouraged for all children on this day.

Open Gym Every Friday Night 6pm-8pm In the Gymnastics Room

Join us for some open play in our gymnastics center. Participants are supervised by gymnastics staff. This is a free members only event.
Ages 6-9yrs 6pm-7pm
10-15yrs 7pm-8pm
Free for all members

Music & Movement Every Wednesday in January 11:30am

In the Gymnastics Room
Sing-along with Mrs. Lauren a Music Together Teacher for a 20minute music session.
This is a free members only event.
Ages 1-5yrs With parent/guardian

EVENTS

Family Movie Night

Friday January 4th at 6pm

Come enjoy a free family movie night at the Y. We will be watching:



Popcorn will be available to purchase for \$1 a bag with free refills.

Bricks 4 Kidz!

2nd Wednesday of every month
Bricks 4 Kidz will come from 6-7p with a new build each month!
Registration required.
Ages 4-10
Cost:
\$6 Members Only

Family Craft Night

Wednesday 23rd
6p-7p
Free to members

Bring a Friend Open House

**Saturday January 19th
All Day**
Bring a friend for free today! We will have raffles, prizes and lots of fun!

Family Open House January 1st-4th & 7th 1pm-4pm

Kids are out of school! We are open to all families in the community during this time. We will have our courts open, gymnastics open gym, family crafts, fitness fun and more.

Parents' Night Out Saturday January 12th & 26th

5:30p-9:30p
Who doesn't need a night off? Kids hang out and have an awesome time at the Y, while parents get a night out! Kids will enjoy an evening with games and activities! This is a free members only event. See Calendar for the evenings theme.
Ages School Age 5-12
Free for All members
Pre-registration is required online or in person.
**Once registered if you need to cancel please notify Welcome Center.
Registration closes the Thursday before event so hurry and register!