



February CALENDAR

Campo Family YMCA

SUN	MON	TUE	WED	THU	FRI	SAT
Family PROGRAM HIGHLIGHTS & SPECIAL EVENTS						
					1	2 Judo 8am-12pm
3	4	5 Family Body Flow 6PM	6 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	7 Kids Boot camp 6PM	8 PNO 5:30-9:30PM	9 Judo 8am-12pm
10	11	12 Family Body Flow 6PM	13 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	14 Kids Boot camp 6PM	15	16 Judo 8am-12pm Daddy Daughter Dance 7:30-9:30PM
17	18	19 Family Body Flow 6PM	20 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	21 Kids Boot camp 6PM	22 PNO 5:30-9:30PM Midnight Basketball 9:30pm-12:00am	23 Judo 8am-12pm
24	25	26 Family Body Flow 6PM	27 Youth Art 5:00-7:00pm Judo 7:45-8:45pm	28 Kids Boot camp 6PM		

Programs

Staying Active

EVENTS



ACTIVITIES

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)

PROGRAMS

Parents Night Out

Feb. 8

Feb. 22

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, February 22nd

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.

EVENTS

Daddy Daughter Dance

Saturday, Feb 16

7:30-9:30PM

Dads grab your dancing shoes and get your little princess and join us for our 3rd annual Daddy Daughter Dance! Register online or at the Welcome Center today!

