



MARCH CALENDAR

Campo Family YMCA

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--|----------------------------|
| FITNESS & KIDS CLUBS | | | | | | |
| | | Family Body Flow 6:00pm | Youth Art 5:00pm-7:00pm | Kids Boot Camp 6:00pm | | Judo 8:00am-12:00pm |
| PROGRAM HIGHLIGHTS & SPECIAL EVENTS | | | | | | |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 PNO (5-12) 5:30-9:30PM | 9 |
| 10 | 11 Ball Hockey League 5:30pm-8:30pm | 12 | 13 Ball Hockey League 5:30pm-8:30pm | 14 | 15 | 16 |
| 17 | 18 Spring Break Camp 7am-6:00pm Ball Hockey League | 19 Spring Break Camp 7am-6:00pm | 20 Spring Break Camp 7am-6:00pm Ball Hockey League | 21 Spring Break Camp 7am-6:00pm | 22 Spring Break Camp 7am-6:00pm PNO (5-12) 5:30-9:30PM | 23 |
| 24 | 25 Ball Hockey League 5:30pm-8:30pm | 26 | 27 Ball Hockey League 5:30pm-8:30pm | 28 | 29 | 30 |
| 31 | | | | | | |

ACTIVITIES

PROGRAMS

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 Body Flow

Tuesdays 6 pm

Body Flow 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 Yoga combines simpler beginner yoga poses with fun games designed to strengthen bodies while increasing flexibility.

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

Homeschool Program

Monday and Wednesday

12:30-2:30PM

Geared towards homeschoolers, YATC will be open for kids to interact with one another through centers and free-play! 5-12 years old

Parents Night Out

March 8th and 22nd

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

Spring Break Camp

March 18-22

Ages 5-12

7am-6:00pm

Spring Break at the Campo Y! Come join us for a week of FUN. We will keep the kids busy and give them a taste of what Summer Day Camp will be like. We will be doing high and low energy games, team building, arts and craft and the kiddos favorite, swimming!

Ball Hockey League

Ages- 6-11

Monday & Wednesday 5:30pm-8:30pm

The Campo Staff, joined by the Tampa Bay Lightning, are proud to announce a new three-week Ball Hockey League! Your child will learn how to play street hockey by running through various "skills stations", and then will play a timed scrimmage. This three week style league will feature 6 sessions, each for an hour and a half. Registration is required! Please register at Welcome Center.

EVENTS

