



February 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 Pokémon & Beyblades YZ 5p-7p Open Gym 6p-8p	2 Judo 12p-2p
3	4 Music & Movement 10:45am & 11:45am Rock Wall 6p-8p	5 Aikido 8p-9:30p	6 Wacky Wednesday KZ & YZ	7 Aikido 8p-9:30p	8 Pokémon & Beyblades YZ 5p-7p Open Gym 6p-8p	9 Judo 12p-2p Parent's Night Out "Valentine" 5:30p-9:30p
10	11 Music & Movement 10:45am & 11:45am Rock Wall 6p-8p	12 Aikido 8p-9:30p	13 Family Event Bricks 4 Kidz* 6p-7p 	14 Aikido 8p-9:30p	15 Family Movie Night 6pm Open Gym 6p-8p	16 Judo 12p-2p
17	18 Music & Movement 10:45am & 11:45am Rock Wall 6p-8p	19 Aikido 8p-9:30p	20 Wacky Wednesday KZ & YZ	21 Aikido 8p-9:30p	22 Pokémon & Beyblades YZ 5p-7p Open Gym 6p-8p	23 Judo 12p-2p Parent's Night Out "Presidents" 5:30p-9:30p
24	25 Music & Movement 10:45am & 11:45am Rock Wall 6p-8p	26 Aikido 8p-9:30p	27 Family Craft Night 6p-7p 	28 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

Feb. 8 & 18th
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)
Ages 5yrs and up 1pm–2pm
Adults only 12pm–1pm

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 Monday's

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 Monday in February
10:45am & 11:45am
In the Gymnastics Room
Sing-along with Mrs. Lauren a Music Together Teacher for a 30minute music session.
This is a free members only event.

EVENTS

Family Movie Night

Friday February 15th at 6pm

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



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 27th
6p–7p
Free to members

Parents' Night Out

Saturday February 9th & 23rd
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. Please make sure to get a copy of your receipt when you register.
****Once registered if you need to cancel please notify Welcome Center.**
Registration closes the Thursday before event so hurry and register!