



# March Family Calendar

New Tampa Family YMCA

| SUN   | MON   | TUE   | WED  | THU                          | FRI   | SAT   |
|---|---|---|--|------------------------------|---|---|
| <b>Pool Hours</b>                             |   |   |  |                              |   |   |
| 1p-5:30p                                      | 5:30a-8p  | 5:30a-8p  | 5:30a-8p   | 5:30a-8p                     | 5:30a-8p  | 7a-5:30p  |
| <b>Program Highlights and Special Events!</b> |   |   |  |                              |   |   |
|   |   |   |  |                              | 1<br>Family Movie Night<br>6pm<br><br>Open Gym<br>6p-8p<br><br>Rock Wall<br>6p-8p | 2<br><br><br>Judo<br>12p-2p   |
| 3   | 4<br><br>Music & Movement<br>10:45am & 11:45am          | 5<br><br>Treadmill Tuesday<br>7a-7p<br><br>Aikido<br>8p-9:30p | 6<br><br>Family Craft Night<br>6p-7p<br><br>               | 7<br><br>Aikido<br>8p-9:30p  | 8<br><br>Pokémon & Beyblades<br>YZ<br>5p-7p<br><br>Open Gym<br>6p-8p              | 9<br><br>Judo<br>12p-2p<br><br>Parent's Night Out<br>"St. Patrick's Day"<br>5:30p-9:30p |
| 10  | 11<br><br>Costume Monday<br>KZ<br>8a-12:30p<br>3:30-8:p | 12<br><br>Aikido<br>8p-9:30p                                  | 13<br><br>Family Event<br>Bricks 4 Kidz*<br>6p-7p<br><br> | 14<br><br>Aikido<br>8p-9:30p | 15<br><br>Open Gym<br>6p-8p<br><br>Rock Wall<br>6p-8p                             | 16<br><br>Judo<br>12p-2p  |
| 17  | 18<br><br>Music & Movement<br>10:45am & 11:45am         | 19<br><br>Aikido<br>8p-9:30p                                  | 20<br><br>Wacky Wednesday<br>KZ & YZ   | 21<br><br>Aikido<br>8p-9:30p | 22<br><br>Open Gym<br>6p-8p<br><br>Rock Wall<br>6p-8p                             | 23<br><br>Judo<br>12p-2p<br><br>Parent's Night Out<br>"Spring"<br>5:30p-9:30p           |
| 24  | 25<br><br>Music & Movement<br>10:45am & 11:45am         | 26<br><br>Aikido<br>8p-9:30p                                  | 27<br><br>Wacky Wednesday<br>KZ & YZ   | 28<br><br>Aikido<br>8p-9:30p | 29<br><br>Open Gym<br>6p-8p<br><br>Rock Wall<br>6p-8p                             | 30<br><br>Judo<br>12p-2p  |
| 31  |   |   |  |                              |   |   |

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 Spring Break Hours

March 18-25  
Open 8am-12:30pm

### Wellness Info

#### Wellness Youth Policy :

Members ages 10 and up may participate in Group Exercise Classes with certain restrictions. Please refer to the Group Exercise Youth Policy on the Group Exercise Schedules for details or ask a Wellness Associate for details.

#### YOUTH ORIENTATION:

Members aged 10-14 MUST complete a youth fitness orientation prior to using the wellness floor. Register at the Welcome Center. Please refer to the Wellness Youth Policy posted at our Wellness Desk or ask a Wellness Associate for details.

### Summer Camp Starts June 3rd!

Register early to save!

Week 1 June 3-7  
Week 2 June 10-14  
Week 3 June 17-21  
Week 4 June 24-28  
Week 5 July 1-5 (no camp July 4th)  
Week 6 July 8-12  
Week 7 July 15-19  
Week 8 July 22-26  
Week 9 July 29-Aug 2  
Week 10 Aug 5-9

#### Day Camp Weekly Cost:

\$155 Members

\$199 Non-members

\*\$25/week non-refundable deposit required for all camps.

\*\*Day camp is 7am-6pm Breakfast and lunch is included

## 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 March 1st at 6pm

Come enjoy a free family movie night at the Y.

We will be watching:  
**Ralph Breaks the Internet**

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



### Treadmill Tuesday

#### March 5th 7a-7p

Members ages 10-11 can participate with a parent; ages 12 and up can participate independently.

Join us to log as many miles as we can in this friendly competition with our sister association, Suncoast YMCAs.

### Safety Around Water

#### March 18-22

This 4-day course, taught by certified instructors, teaches children a sequenced set of skills that will reduce the risk of drowning and give them confidence in and around water. The program is offered Monday - Thursday for one week, each class is 40 minutes in length. Register online or at the Welcome Desk.

### 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 March 6th

6p-7p

Free to members

### Parents' Night Out

#### Saturday March 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!**