



# JANUARY CALENDAR

Plant City Family YMCA

SUN	MON	TUE	WED	THU	FRI	SAT
<b>PROGRAM HIGHLIGHTS &amp; SPECIAL EVENTS</b>						
		1 	2	3 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Kids 10-14 Fitness Orientation:</b> 5:30-6:30 PM	4 <b>Homeschool Fridays</b> 8AM-3PM	5
6	7 no school	8 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Family Body Flow</b> 4:30 PM	9 <b>Homeschool PE</b> 10-11AM	10 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Kids 10-14 Fitness Orientation:</b> 5:30-6:30 PM	11 <b>Homeschool Fridays</b> 8AM-3PM  <b>Parents' Night Out</b> 5-9pm	12
13	14	15 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Family Body Flow</b> 4:30 PM	16 <b>Homeschool PE</b> 10-11AM	17 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Kids 10-14 Fitness Orientation:</b> 5:30-6:30 PM	18 <b>Homeschool Fridays</b> 8AM-3PM <b>Homeschool STEAM</b> 10-11AM <b>A Special Night Out</b> 6-8pm	19
20	21 no school	22 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Family Body Flow</b> 4:30 PM	23 <b>Homeschool PE</b> 10-11AM	24 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Kids 10-14 Fitness Orientation:</b> 5:30-6:30 PM	25	26
27	28	29 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Family Body Flow</b> 4:30 PM	30 <b>Homeschool PE</b> 10-11AM	31 <b>Toddler Time: Zeno Zone</b> 9:30AM  <b>Kids 10-14 Fitness Orientation:</b> 5:30-6:30 PM	1 <b>Homeschool Fridays</b> 8AM-3PM	2

ACTIVITIES

PROGRAMS

EVENTS



## ACTIVITIES

### **Family Body Flow:**

**Tuesdays 4:30PM**

Ages 8 and up (children must be accompanied by an adult)

A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout.

## PROGRAMS

### **Homeschool PE:**

**Wednesdays, 10-11am**

**Ages: 5-12**

**Program Cost: \$50/month**

**Member Cost: FREE**

**Register at the Welcome Center in advance.**

**The last half hour of the last class of each month, will be a Parent vs. Child game! Adults, wear your tennis shoes and come ready to play.**

### **Homeschool STEAM:**

**Third Friday of the month**

**January - May 2019**

**Ages: 5-12**

**Cost: FREE Member Class**

**Register at the Welcome Center. Registration opens the 1st of the month and closes the Wednesday before the class.**

### **Kids 10-14 Fitness**

#### **Orientation:**

**Every Thursday 5:30PM**

Please see a Wellness Coach or Welcome Center for more details.

## **Stay & Play and Zeno Youth Zone Hours**

### **Stay & Play: (ages 6wks-5yrs)**

M- Th 8am-12:00pm and 4-8pm

Friday 8am-12pm and 4-7pm

Saturday 8am-12pm

Sunday 2pm-5pm

### **Zeno Youth Zone: (ages 5-12yrs)**

M- Th 4-8:00pm

Friday 4-7pm

Saturday 8am-12pm

Sunday 2pm-5pm

## EVENTS

### **Parents' Night Out**

**Ages 5-12**

**5:00-9:00 pm**

**Cost: FREE Member Event**

Who doesn't need a night off? Our Y kid members get together for a fun night at the Plant City Family YMCA, while parents get a night out! Dinner is provided.

Register online or at our welcome center. Registration opens the Sunday before the event. Don't wait, this event fills up fast!

### **A Special Night Out**

**Ages: high school and up**

**Time: 6-8pm**

**Cost: FREE Community Event**

This is our reoccurring event for persons with intellectual disabilities to enjoy new experiences, meet new people, and have FUN!

This month we will enjoy a time of food and fellowship, followed by some group sports with Coach Shawn! We will play a variety of sports in our basketball gym and encourage parents and caretakers to play also!

Email

[Elizabeth.Patton@tampaymca.org](mailto:Elizabeth.Patton@tampaymca.org)

In advance to reserve your spot.

