




YMCA Kids Gym Schedule

September 12-October 30, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
8:00	 Y Members Only on Sundays	Baby Groove 10:00-10:30 Nursery 8:00-12:00	Nursery 8:00-12:00	Play, Laugh, Learn October 27 November 24 December 15 Ask the Welcome Center for details Nursery 8:00-12:00	Nursery 8:00-12:00	Baby Groove 9:15-9:45 Kids Groove 10:00-10:45 11:00-11:45 Nursery 8:00-12:00	Gymnastics Romp and Roll 9:00-9:45 Super Tumblers 9:50-10:35 Teeny Tiny Tumblers & Tumblin Tots 10:45-11:15 Beg. Tumbling 11:30-12:00	8:00					
9:00			10:00		Gymnastics			Gymnastics	9:00	10:00			
11:00			12:00		Romp and Roll 9:30-10:15 10:30-11:15			Teeny Tiny Tumblers 9:30-10:15 Tumblin' Tots 10:20-11:05	11:00	12:00			
1:00	Open Gym	School Groups	Home School Swim and Gym Program	School Groups Open Gym 2:30-3:30	Home School Swim and Gym Program	School Groups	Open 11:45-12:15	1:00					
2:00	3:00						Open Gym 2:45-4:00	Open Gym 2:30-3:30	Open Gym 2:30-5:30	Open Gym 2:30-5:30	2:00		
3:00	4:00	Pre Ballet 4:00-4:45 Beg Ballet 4:45-5:30 Int. Ballet II 5:30-6:15 Adv. Jazz 6:15-7:00 Lyrical Ballet 7:00-7:45 Open Gym 8:00-10:00	Gymnastics 3:45-6:05	Pre Ballet 4:00-4:45 Beg. Jazz 4:45-5:30 Int. Jazz 5:30-6:15	Gymnastics 3:45-6:30	Open Gym 2:30-5:30	Open 3:45-6:00 	3:00					
4:00	5:00							Zumba 6:10-7:00	ZUMBA 6:20-7:20	Family Gym Time 6:30-8:00 Water runners 7:15-7:45	Family Time 6:00-8:00 See "Family Program" flyer for detailed events	Building Rentals start at 6:30PM	4:00
6:00	7:00												 Volleyball 8:00-10:00
8:00	9:00	Open 9:15-10:00	Open Gym 8:00-10:00	Open Gym 8:00-10:00	Open Gym 8:00-10:00	Interested in renting the YMCA? Please see Kristi for more information or call 428-YMCA	6:00						
10:00	10:00						Interested in renting the YMCA? Please see Kristi for more information.	Open 9:15-10:00	Open Gym 8:00-10:00	Open Gym 8:00-10:00	Interested in renting the YMCA? Please see Kristi for more information or call 428-YMCA	7:00	
								8:00					
								9:00					
								10:00					

Coming Soon!

TGIF Friday, Sept. 10, Oct. 8, Nov. 12, Dec. 10 6:00-9:00 pm Sign up now!

Kids Night at the Y Saturday Sept 18, Oct 16, Nov 13, Dec 18 Ages 4-12 6:30-11:00 pm Sign up now!

Friday Family Fun Events sign up now for our annual Harvest Festival October 1 6:00-8:00 pm! \$2 pp, members only, registration required.

Check out our Family Program Brochure for other Friday night events, which include movie game nights!

Benton Harbor-St. Joseph YMCA Family Center
 3665 Hollywood Road
 St. Joseph, Michigan 49085
 269.428.9622 (YMCA)
www.bhsjymca.org



Facility Hours

Sept. 7 – Dec. 30

Monday–Friday 5:00 am–10:00 pm

Saturday 6:00 am–6:00 pm

Sunday 12:30–8:00 pm

The Y will be closed Thanksgiving, Nov. 25 and Christmas, Dec. 25.
New Year's Day, the Y will be open from 9 am to 1 pm.

The Y will close at 2 pm on Christmas Eve, Dec. 24
and New Year's Eve, Dec. 31.

Guest Passes

The YMCA is a membership-driven organization. You're always welcome at our YMCA and we'd love to have you become part of our YMCA family! In the meantime, guests are welcome to use our YMCA at non-peak times.

- Daily guest passes are \$7 for youths age 17 and under, \$10 for adults, and \$14 for families, which includes parents and dependent children. Guests must have photo identification.
- From Labor Day to Memorial Day (fall, winter, spring), guest passes will **not** be sold at the following times:

Monday – Thursday 2:15 pm - 7:00 pm

Friday 2:15 pm - Close

Saturday 8:15 am - 2:00 pm

Sunday 12:30 pm - Close

- From Memorial Day to Labor Day (summer), guests are welcome **anytime** the facility is open.
- Please note that guest passes will not be sold to youths from 8 am - 2:30 pm on school days.