



We build strong kids,  
strong families,  
strong communities.

# MAPLE STREET YMCA YOUTH PROGRAMS

Post until February 28, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Creative Dance</b> 1:00-1:30pm <i>Group Fitness Rm.</i>	<b>Creative Dance</b> 10-10:30am <i>Group Fitness Rm.</i>	<b>Teen Leaders Club</b> 3:30-5:00pm <i>Youth Center</i>		
<b>Teen Fitness</b> 4:00-5:00pm <i>Youth Center</i>		<b>Teen Fitness</b> 4:00-5:00pm <i>Youth Center</i>	<b>Teen Fitness</b> 3:00-4:00pm <i>Youth Center</i>		<b>Fencing</b> 12:00-1:00pm <i>North Gym</i>
<b>Healthy Kids U</b> 6:00-8:00pm <i>Free to Members!</i>	<b>Healthy Kids U</b> 6:00-8:00pm <i>Free to Members!</i>	<b>Healthy Kids U</b> 6:00-8:00pm <i>Free to Members!</i>	<b>Healthy Kids U</b> 6:00-8:00pm <i>Free to Members!</i>	<b>Family Night!</b> 6:30-8:30pm <i>Family Gym, Swim, and Tennis.</i>	
	<b>Mixed Media Arts</b> 6:00-7:00pm <i>Room 130</i>		<b>Film-making</b> 6:00-7:30pm <i>Room 130</i>		
			<b>Fencing</b> 7:00-8:00pm <i>North Gym</i>		
	<b>High School Strength Training</b> 6:00-8:00pm <i>Weight Room</i>		<b>High School Strength Training</b> 6:00-8:00pm <i>Weight Room</i>		

**Healthy Kids U** - Drop in free to member class focused on 60 minutes of Active Play and development of a healthier you.

**Teen Fitness** - Free to Middle School students! Learn how to use cardio and weight training machines. Work w/ Ben and Kate.

**Creative Dance** - Experience the art and fun of dancing. Taught by Miss Tina. Ages 3-4 (registration required)

**Mixed Media Arts and Film-making** - Creativity will flourish in these unique workshops. Work w/ Chris and Ian. (registration required)

**High School Strength Training** - Build strength, speed, and agility as you learn techniques. Work w/ Ben. (\$1 per week fee)

**Fencing** - Thrust and perry your way to victory. Work w/ the Salleamazoo Fencing Club. (registration required)

**Teen Leadership Club** - Develop your skills as you plan community events and projects and prepare for your future. Work w/ Chris.



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Kalamazoo County Family YMCA  
Maple Street Branch

# Youth Center Hours

<b>Monday</b>	<b>2:30</b>	<b>to</b>	<b>8:00pm</b>
<b>Tuesday</b>	<b>2:30</b>	<b>to</b>	<b>5:45pm</b>
<b>Wednesday</b>	<b>2:30</b>	<b>to</b>	<b>8:00pm</b>
<b>Thursday</b>	<b>2:30</b>	<b>to</b>	<b>5:45pm</b>
<b>Friday</b>	<b>2:30</b>	<b>to</b>	<b>8:00pm</b>
<b>Saturday</b>	<b>10:00</b>	<b>to</b>	<b>2:00pm</b>
<b>Sunday</b>	<b>Closed</b>	<b>to</b>	<b>Closed</b>

Youth Center open to all YMCA Members grades 3-8. Except Mondays 6:00-8:00pm open for YMCA Members grades 7-12.

Please contact **Chris Broadbent** with any questions or concerns.

345-9622 ext. 152 or [cbroad@kzooymca.org](mailto:cbroad@kzooymca.org)