

# WHAT YOU CAN DO AT THE Y



If I Am A **BABY**  
I CAN...

If I Am **2-5 yrs**  
I CAN...

If I Am **6-9 yrs**  
I CAN...

If I Am **9-12 yrs**  
I CAN...

If I Am A **TEEN**  
I CAN...

If I Am An **ADULT**  
I CAN...

If I Am A **HEALTHY AGING ADULT**  
I CAN...

My **FAMILY**  
I CAN...

Kids Zone, 6 weeks—8years

Early Learning Preschool

Access Youth Center, 8—17yrs

Social Groups (Book Club, Lunch Crawl, and Crochet Club)

Swim with family

Swim lessons, 6 months+

Taekwondo

Various Dance: hip hop, ballet, jazz

Mini Sports Camp

Attend Group Exercise Classes, 11+ yrs

Sporties for Shorties

Access all exercise equipment: cardio, strength training, and free weights

Private Tennis Lessons

Group Tennis Lessons, 3+ years for all levels of play

Rent a Tennis Court

Itty-Bitty Basketball

Swim without adult supervision

Swim

Fencing

Pre-Competitive Swim

Swim Team

Shallow Water Exercise

Aqua Tai Chi & Water Power

Hot Tub, 16+ yrs

Access the facility w/o adult, 11+

Access the gymnasium and track w/o adult supervision

Access the gymnasium and track

3D Dynamic Double Drills

Tennis Leagues, Men & Women

Cardio Tennis Class

Tennis Travel Team

## Households with youth and teen members:

Please be sure to familiarize yourself with the Y's Facility Access Guidelines to ensure a safe and fun experience. This information is available online and is posted at the main entrance of both facilities.