



THERE'S A Y IN EVERY FAMILY



CENTENNIAL HILLS YMCA – FAMILY ENGAGEMENT

FAMILY TIME AT THE Y

Family Time at the Centennial Hills Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

FAMILY NIGHT

EVERY FRIDAY, 6-8 PM

Provides families with a time and place to come together for a good time through family-friendly activities such as game nights, sports, crafts, pool games, family fitness classes, and family competitions. Share, communicate, and strengthen your relationships while meeting other families in your community. Every **Friday is FREE Family Night at the Y!**

PARENTS' NIGHT OUT

EVERY SATURDAY, 5-9 PM

Take time to unwind and rejuvenate after a tough week with a date night. **Parents' Night Out** isn't just good for you, it's good for the kiddos too! Regularly scheduled time apart teaches children a great deal about balance and well-being. Families balanced with socialization, time for self, time together, and a whole lot of fun are healthy families that are better equipped to tackle life's stressors. While you take a night off, your kiddo will enjoy swimming (for ages five and up on the last Saturday of each month), games, crafts, pizza, and a movie. \$5 per child; open to ages 2-12 (must be potty trained).

FAMILY FUNDAY

EVERY SUNDAY, ALL DAY

We know weekdays are filled with routines and hectic schedules, which often results in families scattering - parents squeezing in a workout at the Y while the kiddos are in sports, attend Y Kids Fitness, or hang with friends in Kids Gym. But Sundays are **Family Fundays** at the Y. It's all about coming together and playing together. Take advantage of all our Y has to offer - sparkling pools, basketball gyms, family fitness classes, or a friendly game of ping-pong to get those competitive juices flowing.

TOGETHERHOOD - AMPLIFY YOUR IMPACT, VOLUNTEER TOGETHER!

VARIES

Volunteering as a family builds character and helps teach your kids the importance of thinking larger than themselves. **Togetherhood** is the Y's member-led volunteer service program. It activates Y members to work together to plan and lead service projects that respond to local community needs. Contact your Family Engagement Coordinator for details on how to get involved.

TAKE A HIKE! – EXPLORE THE OUTDOORS

4TH SATURDAY OF EACH MONTH

Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration. Explore the great outdoors through our **Take A Hike!** program, which provides FREE guided family-friendly hikes every month. Pack your sunscreen and water and we'll take care of the rest! Grab a flyer for details and sign up at the Welcome Desk!

KIDS GYM (3MOS-7YRS)

PRIMETIMES

Parents rave about the Centennial Hills YMCA **Kids Gym!** Don't believe us? Ask around! Kids Gym Supervisors, Ms. Raquel (mornings) and Ms. Cathy (evenings/weekends), ensure your little one is well taken care of for up to 2 hours while you work on your wellness goals. No need to reserve a spot or pay extra, we've got you covered! Open M-F 8:30a-12:30p, M-TH 4-8p, F 4-6p, SAT 8:30a-2p, and SUN 12p-3p.

YOUTH ENGAGEMENT CENTER (AGES 8-12)

MON-FRI, 4-6 PM

When your young person "ages out" of Kids Gym, they have lots of options to keep them engaged - Y Kids Fitness, family-friendly fitness classes, cardio equipment workouts, pool and gym play, and the Game Center loaded with billiards, foosball, and air hockey. We are now pleased to add to the mix the all new **Youth Engagement Center!** This is the place to be with light snacks, tons of games, staff to help with homework, and a chill zone to read or just hang out with friends. This is a FREE Y Member benefit! Check in and out by an adult is required.

YOUTH & FAMILY WELLNESS

MON-THR, 5-7PM

Every family can be a healthy family! By focusing on healthy eating, physical activity, and quality time your family will soon be feeling stronger and living healthier. Check in-person, online, or our app for a schedule of FREE **Y Kids Fitness Classes** and **family-friendly group exercise classes**.

FAMILY NEWSLETTER

1ST OF EACH MONTH

Stay connected with all things family at the Y with this concise publication, which is emailed monthly to all Y Family Members who provide an email address on their account.