

Fall 2006

What's New at the Family Y?



Seniors

It's never too late to join the Family Y.
Active Older Adult Strength Training.

Child Care

School Age – swim lessons included

Youth/Teen

Youth Strength Training.
Youth Body Challenge.
Toddler Open Gym.
Action Hour, Ages 6-9.

Adult

Women's Strength Training.

Youth/Adult Recreation & Sports

Art Classes for 3–9 year olds!
Basketball Classes for ages 5–grade 8!
Youth Golf!
Yoga for Pregnancy!
Adult Karate!

Teen

Girl's Strength Training!
Teen Strength Training!
Teen Tumbling.
Enrichment Youth in Government!
Teen Cardio Pump.
Saturday Night Basketball League!
Pilates for Teens.