



July 2022 Family Life Events at the Mountain Brook YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1 Fruit By the Pool 10:00-11:00AM	2 Coffee and Conversation 9:00-11:00AM
3 Pickleball Clinic 1:00-3:00PM	4 Independence Day YGTeen Workout Class 4:30PM Senior Fellowship/Walk the Neighborhood 10:30AM	5 Pickleball Clinic 10:30AM	6 YGTeen Workout Class 4:30PM Family Poolside Popsicles 11:00AM-12:00PM	7 Family Kickball 5:30-6:30PM Pickleball Clinic 10:30AM	8 Ice Cream Social In Lobby 10:15 -11:00AM	9 Coffee and Conversation 9:00-11:00AM Pool Party/Cookout 11:00AM-1:00PM
10	11 YGTeen Workout Class 4:30PM Senior Fellowship/Walk The Neighborhood 10:30AM	12 Pickleball Clinic 10:30AM	13 YGTeen Workout Class 4:30PM Family Poolside Popsicles 11:00AM-12:00PM	14 Family Dodgeball 5:30-6:30PM Pickleball Clinic 10:30AM	15 Fruit By The Pool 10:00-11:00AM	16 Kids Night Out 5:30-9:30PM Family Zumba 10:30AM Coffee and Conversation 9:00-10:00AM
17	18 YGTeen Workout Class 4:30PM Senior Fellowship/Walk The Neighborhood 10:30AM	19 Pickleball Clinic 10:30AM	20 YGTeen Workout Class 4:30PM Family Poolside Popsicles 11:00AM-12:00PM	21 Family Kickball 5:30-6:30PM Pickleball Clinic 10:30AM Family and Senior Line Dancing Class 2:00PM	22 Icecream Social In Lobby 10:15-11AM	23 Coffee and Conversation 9:00-10:00AM Family Nerf Icecream Social 11:00AM-12:00PM
24	25 YGTeen Workout Class 4:30PM Senior Fellowship/Walk The Neighborhood 10:30AM	26 Pickleball Clinic 10:30AM	27 YGTeen Workout Class 4:30PM Family Poolside Popsicles 11-12PM National Love is Kind Day- Photo Booth in Lobby: All Day	28 Family Dodgeball 5:30-6:30PM Pickleball Clinic 10:30AM	29 Fruit By the Pool 10:00-11:00AM	30 Coffee and Conversation 9:00AM-11:00AM Family Y-Cross 10:30-11:15AM

AGE GROUP LEGEND:

Learn and Play (L): 6wk - 12yr
 Y Kids (Y): Kindergarten - 8th grade
 Kids Night Out (KNO): 3yr - 12yr
 Teen (T): 7th - 12th grade
 Family (F): All ages.
 Senior (S): 55yr+

All schedules are subject to change.