

February 2024Family Life Events at the Shades Valley YMCA

	Family Life	e Events at	the Shade	s valley th	ICA	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Silver Ballet 10:30am Childwatch hours: 8-12: 30, 4-7pm STEM: 5:30-6:30	YOUTH STRENGTH ORIENTATIONS 5 pm-8pm Silver Sneakers 10:45 Pickelball Open Courts 8: 30-10am Youth Tap: 5:30 Childwatch hours: 8-12:30 Kids Night Out 5:30-9:30pm	3 Youth Strength Training 8:30 & 9:30 Skills and Practices for Happiness Teens 11-11:45 Childwatch hours: 8-12:30
YOUTH STRENGTH ORIENTATIONS 1pm- 4pm Open ball Court: 12:30-2:30 Pickup Basketball: 2:30-4:30 Family Basketball and Pickleball 4:30-6 Hair Cair Class: 4-5 pm	5 YOUTH STRENGTH ORIENTATIONS 5 pm-8pm ilver Sneakers 10:45 Pickelball Open Courts 8: 30-10am Childwatch hours: 8-12: 30, 4-7pm	6 Childwatch Hours: 8-12: 30, 4-7 pm Zumba Gold 3:00pm	Fellowship with Friends 10am - lobby Pickelball Open Courts 8: 30-10am Y Silver 10:45 Childwatch hours: 8-12:30, 4-7 pm Beginner Ballet: 5:45 pm	Silver Ballet 10:30am Childwatch hours: 8-12: 30, 4-7pm STEM: 5:30-6:30	9 YOUTH STRENGTH ORIENTATIONS 5 pm-8pm Silver Sneakers 10:45 Pickelball Open Courts 8: 30-10am Youth Tap: 5:30 Childwatch hours: 8-12:30 Middle School Madness 5-9pm	10 Youth Strength Training 8:30 & 9:30 Skills and Practices for Happiness Teens 11-11:45 Childwatch hours: 8-12:30
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ANNOUNCEMENTS:					AGE GROU	P 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.