Offerings At-a-Glance	8 Weeks – 6mo	6mo – 1yr	Age 1-2	Age 3	Age 4	Age 5	Age 6-7	Age 8 – 12	Teens	Young Adult (18 – 29)	Adult	Seniors
For Youth Development												
Childwatch	*	*	*	*	*	*	*	*				
Mother's Morning Off (Middle Tyger YMCA)	*	*	*	*	*	*						
Kindergym Class (Age 1-3 & 4-6)			*	*	*	*	*					
Fit Kids Class (Age 7-11)							*	*				
TaeKwonDo								*	*	*	*	*
Karate						*	*	*	*	*	*	*
Swim Lessons (Age 6mo +)		*	*	*	*	*	*	*	*	*	*	*
Y-Spartaquatics Swim Club						*	*	*	*			
Home School P.E.					*	*	*	*	*			
Afterschool Program						*	*	*				
Summer Day Camp					*	*	*	*	*			
Overnight Camp							*	*	*			
Healthy Kids Day	*	*	*	*	*	*	*	*	*			
Kids Triathlon				*	*	*	*	*				
Youth Soccer League				*	*	*	*	*				
Youth Basketball League				*	*	*	*	*				
Church Basketball League								*	*			
Youth Flag Football League							*	*				
Youth T-Ball/Baseball League				*	*	*	*	*				
Kids 1 Mile Fun Run				*	*	*	*	*				
Fall Festivals	*	*	*	*	*	*	*	*				
Breakfast with Santa	*	*	*	*	*	*	*	*	*	*	*	*
Youth Prayer Night								*	*			
Parents/Kids Night Out				*	*	*	*	*	*			
Theater Arts (Grades 6-9)								*				
Crocheting (Parent-Child)								*	*	*	*	*
Piano Lessons						*	*	*	*	*	*	*
Painting and Drawing Classes						*	*	*	*	*	*	*
Dance Classes						*	*	*	*	*	*	*
Guitar Lessons (Age 11 & up)									*	*	*	*
For Healthy Living												
Group Fitness Classes (Children may participate if accompanied by adult.								*	*	*	*	*
Kids Zumba Class						*	*	*				
Adult Sports Leagues									*	*	*	*
SilverSneakers Classes											*	*
Triathlon, 5K, 8K Races									*	*	*	*
Personal Training								*	*	*	*	*
Cardio Machines (Ages 10-12 w/supervision)								*	*	*	*	*
Weight Training Machines/Free Weights									*	*	*	*
Basketball Gym									*	*	*	*
Family Kayaking				*	*	*	*	*	*	*	*	*
Bench Press Contest									*	*	*	*
Thanksgiving Lunch	*	*	*	*	*	*	*	*	*	*	*	*
Senior Socials												*
Can U Swim Event	*	*	*	*	*	*	*	*	*	*	*	*
Red Cross Certification Classes								*	*	*	*	*
Water Fitness Classes									*	*	*	*
Masters Swim Club										*	*	*
Holiday Mile Swim									*	*	*	*
Triathlon Coaching									*	*	*	*
Holiday Fitness-a-Thon									*	*	*	*
Racquetball Courts							*	*	*	*	*	*
Racquetball Classes							*	*	*	*	*	*
Massage Therapy - Pine Street									*	*	*	*
For Social Responsibility												
Annual Consignment Sale									*	*	*	*
Community Education Programs										*	*	*
Annual Prayer Breakfast	*	*	*	*	*	*	*	*	*	*	*	*
Annual Princess Breakfast	*	*	*	*	*	*	*	*	*	*	*	*
Annual Team Lean Weight Loss Competition									*	*	*	*
Annual Partners with Youth Golf Tournament							*	*	*	*	*	*
Annual Partners with Youth Campaign	*	*	*	*	*	*	*	*	*	*	*	*
Programs and classes in bold print are free for YMCA members.												