

## WEEKLY ACTIVITIES

\*all Weekly Activities require Family membership at the Sage Y and a parent must be in the Y to participant.

### Rock Wall Policies

- Parent of any climber age 5-7 must be in the Rock Wall Location during climb
- Parent of any climber age 8-10 must be signed in & out by a parent
- Parent of any climber age 8-10 must add their Y building location
- Climber age 11-12 must sign themselves in and out

### Family Climb Ages 5+

Parents and children can work side by side as they learn the basics of climbing or progress to advanced climbing techniques. Parents must stay with children during all Family Climbs.

### Youth Climb Ages 8-11yr

If you have ever wanted to try rock climbing, you're in luck. We now have an indoor rock-climbing wall at our Sage Y. We provide certified staff and equipment. Please be sure to wear appropriate clothing and wear closed-toed shoes. We recommend no skirts or dresses.

**See Rock Wall Calendar for times and days.**

### Y Kids Zone 6weeks-8yr

M-F 8am-12pm

M-Th 5-8:30pm

Sat 7:30-11:30am

Sun 8:30-11:30am

### Healthy Kids Day April 21<sup>st</sup>

Y Kids Zone will close at 10:00

## PROGRAMS

**Spring 2 session started the week of April 16<sup>th</sup>**

### Youth Volleyball Clinics SET BUMP SPIKE

Wednesday, April 18-Jun 6th

3-5<sup>th</sup> grade 6:15-7:00pm

5-8<sup>th</sup> grade 7:00-7:45pm

Join these instructional clinics that teach the fundamental volleyball skills that include serving, passing, setting, hitting and the rules of the game in a fun and non-competitive environment.

**Register NOW!**

### Preschool Enrichment Program Super Tot 2-3yr olds

Tuesday, Wednesday or Thursday

Classes promote Early Learning development and independence.

We believe in creating an environment that will inspire each child to reach his/her fullest potential in the area of social, emotional, physical and academic development. Parent attendance is optional, but all parents must stay in the Sage Y during class time.

## SPECIAL EVENTS

**Kids Night Out  
April 13, 2018**

**FREE with  
Family Membership**

6:00-Check in & Dinner

6:30-8:30 Gym Games,

Rockwall, Active Games,

Board Games, & Crafts

8:30-Movie and Snacks

9:00-Pick-up

Who doesn't need a night off? Kids hang out and have an AWESOME time at the Y, while parents get a night out. They will enjoy dinner, games, structure activities and open gym. Children should dress to be active and gym shoes are required. **Children Ages: PreK (must be toilet trained) K-5<sup>th</sup>**

### Rock 'n' Kids

**Kid Rock's Spring Fling!**

**Thursday, April 19<sup>th</sup> 10-10:45**

Spring is in the air! Hop on in for some springtime fun at Kid Rock's Spring Fling! We will sing and dance to songs about spring weather, spring animals and spring playtime! Our fun rhythm instruments and movement props will add to this unique musical experience! You will not want to miss our parachute play and balloon celebration!



Like the Sage YMCA on Facebook to stay up-to-date on all of our fun activities, events and any last minute notifications.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# APRIL FAMILY CALENDAR

SAGE YMCA

SUN	MON	TUES	WED	THURS	FRI	SAT
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## WEEKLY ACTIVITIES

<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>
	<b>Preschool Dance</b>	<b>Super Tots</b>	<b>Super Tots</b>	<b>Super Tots</b>	<b>Kyuki-Do</b>	
	<b>Basketball Skills</b>		<b>Youth Volleyball</b>			
	<b>Kyuki-Do</b>					

## OPEN GYM SCHEDULE

Family Volleyball 11:00am-1:00pm	Family & Youth Gym 4-8pm	Family & Youth Gym 4-6pm	Family & Youth Gym 4-5:30pm	Family & Youth Gym 4-5:30pm	Family & Youth Gym 4-8pm	Open Gym 9am-4pm
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## OPEN FAMILY POOL HOURS

OPEN all Day	10-11am 1-8pm	10-11am 1-7pm	10-11am 1-7pm	10-11am 1-7pm	10-11am 1-8pm	12-4pm
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## SPECIAL EVENTS, HANG OUT HOURS & ROCK WALL HOURS

<b>1</b> Easter YMCA Closed	<b>2</b>	<b>3</b> Hang Out Open 6-8pm	<b>4</b>	<b>5</b> Youth Climb 8-12yr 6-8pm	<b>6</b> Open Climb 6-8pm Family 5+ Youth 8-12yr	<b>7</b> Open Climb 9-11am Family 5+ Youth 8-12yr
<b>8</b> Red Cross Babysitting Training 9-4	<b>9</b>	<b>10</b> Hang Out Open 6-8pm	<b>11</b>	<b>12</b> Youth Climb 8-12yr 6-8pm	<b>13</b> Kids Night Out 6-9pm	<b>14</b>
<b>15</b> Open Climb 10-12pm	<b>16</b> <b>1st Day Spring 2 Session</b>	<b>17</b> Hang Out Open 6-8pm	<b>18</b>	<b>19</b> Rock 'n' Kids 10-10:45 Youth Climb 8-12yr 6-8pm	<b>20</b> Open Climb 6-8pm Family 5+ Youth 8-12yr	<b>21</b> Healthy Kids Day 10-noon
<b>22</b> Last Day for Early Bird Discount	<b>23</b>	<b>24</b> Hang Out Open 6-8pm	<b>25</b>	<b>26</b> Youth Climb 8-12yr 6-8pm	<b>27</b>	<b>28</b> Teen Night 7-10pm
<b>29</b> Open Climb 10-12pm	<b>30</b>					

WEEKLY ACTIVITIES

PROGRAMS

SPECIAL EVENTS