FEBRUARY FAMILY ACTIVITIES
NORTH BRANDON FAMILY YMCA

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**PROGRAM HIGHLIGHTS AND SPECIAL EVENTS**

1. **Toddler Play Day** 10:00am
2. **Tumble Time** 10:00am
3. **Open Gym** 7pm
4. **Youth Wellness Orientation**
   - **Parent’s Night Out—Traditional**

5. **Family Flow** 4:30 pm
6. **Toddler Play Day** 10:00am
   - **Family Craft Corner**
   - **Family Yoga** 5:15 pm

7. **Tumble Time** 10:00am
8. **Open Gym** 7pm
9. **Youth Wellness Orientation**
   - **Parent’s Night Out—Traditional**

10. **National Gum Drop Day**
11. **Family Flow** 4:30 pm
12. **Toddler Play Day** 10:00am
    - **Family Yoga** 5:15 pm
13. **Family Flow** 4:30 pm
    - **Valentines Chocolate Dipping Table**
14. **Toddlers Play Day** 10:00am
    - **Family Yoga** 5:15 pm
15. **Toddlers Play Day** 10:00am
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28. **Toddlers Play Day** 10:00am

**ACTIVITIES**  **PROGRAMS**  **EVENTS**
WEEKLY ACTIVITIES

* All Family Activities require membership at the Y and a parent to participate with child.

**Toddler Play Day**
Tuesday and Thursday 10:00-10:45am
Parents and children (crawlers-24mo) come together for music and movement that will stimulate little minds and bodies. $5 for members and $7 for non-members.

**Family Yoga**
Tuesdays at 5:15pm
Join us in the multipurpose room for a parent-child class incorporating kid-friendly yoga-based poses in a fun, relaxed setting.

**KidZone Tumble Time**
Fridays at 10:00 am
While you work out let us take your little tikes into the gymastics room to learn new tricks and practice their flips!

**Open Gym**
Fridays at 7:00pm
Is your child interested in gymnastics? Always begging you to let them go play? Children ages 6+ are invited to participate in open gym. Registration is required.

**Family Flow**
Mondays at 4:30pm
A 45 minute parent-child class incorporating kid-friendly yoga-based poses in a fun, relaxed setting.

PROGRAM HIGHLIGHTS

**Parents Night Out**
Saturday, January 7th 5:30pm—9:30 PM
Who doesn’t need a night off? Program for kids ages 5-12. Kids hang out and have an AWESOME time at the Y, while parents get a night out! Kids will enjoy an evening with games & activities! *Small fee applies Pre-registration required.

**Parents Night Out – Preschool Style!**
Saturday, January 21st 5:30pm—9:30pm
Who doesn’t need a night off? Program for kids ages 3-12. Kids hang out and have an AWESOME time at the Y, while parents get a night out! Kids will enjoy an evening with games & activities! *Small fee applies Pre-registration required. Children must be potty trained.

**Family Craft Corner**
Tuesday, February 7th 5:30pm
With Valentine’s Day right around the corner what better way to get ready than creating these neat hearts using just coffee filters, markers, and one surprise! This craft is a neat combination of science and art! *Parent participation is required.

SPECIAL EVENTS

**Chocolate Dipping Table**
Monday, February 13th 5:30pm
Come get ready for Valentine’s Day and taste some different fruits dipped in chocolate!

**National Gum Drop Day**
Wednesday, February 15th
It is National Gum Drop Day! Stop on by and guess the number of gum drops in a jar for a chance to win!