

# Kids & Family: Childcare fun!

## Parent's Morning Out

**Little Bucks** *ages 18 - 30 months:* Activities Include: Numbers, Color, Alphabet, Name Recognition, etc, Arts & Craft (Base on Monthly Themes), Circle Time, Recreation Time & Snack (Provided Daily).

*Mondays & Wednesdays*

9:00 am – 12:30 pm

MEM: \$200 Monthly PRO: \$225 Monthly

**FitBucks & Mini-FitBucks** *ages 18 months - 5 years:*

Activities Include: Introduction to Mini-Sports, Play Ball Swim Lessons (3-5 Years), Gymnastics (2 Years), Introduction to Healthy Habits, Introduction to Fitness, Enrichment Activity, Snack (Provided Daily).

*Tuesdays*

9:00 am – 12:30 pm

MEM: \$100 Monthly PRO: \$125 Monthly

**Jazzy Bucks** *ages 2.5 - 5:* Activities Include: Academics (Numbers, Color, Alphabet, etc), Arts & Crafts (Monthly Themes), Circle Time, Show & Tell (Base on Monthly Themes), Recreation Time, Snack (Provided Daily).

*Mondays & Wednesdays*

9:00 am – 12:30 pm

MEM: \$200 Monthly PRO: \$225 Monthly

**Creative Bucks** *ages 2.5 - 5:* Activities Include: Musical Movement, Creative Crafts, Creative Stories & Writing, Melody Hounds, Snack (Provided Daily)

*Thursdays & Fridays*

9:00 am – 12:30 pm

MEM: \$200 Monthly PRO: \$225 Monthly

*For more information, contact Belise Michel at 404-267-4845; belisem@ymcaatlanta.org.*



## Child Watch

**Child Watch** *ages 3 months - 12 years:* Let our trained staff watch your children while you work out.

- Benefit of facility membership
- 2 hour limit per day, up to 8 hrs per week  
Children are divided into age groups
- Infants, Crawlers, Walkers, Y-Tikes (3-5 yrs.)
- Y-Zone (6-12 yrs.)

## Fit Kids

**Group Exercise Classes:** Just for facility member kids at no additional cost.

**Kids Rock** *ages 3 - 8:* This 30-minute class focuses on increasing cardiovascular strength within a fun and inviting environment. Class is taught by a trained member of the wellness staff.

*Tuesdays and Thursdays, 3:30 pm*

**Kids Yoga** *ages 6-12:* A variety of yoga poses done in a playful atmosphere. This class focusses on breathing, balance and relaxation. *Thursdays at 4:15*