



# Family Week Activities

Sunday, November 23-Saturday, November 29, 2008

	Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
<b>Pool</b>			*Schools Out Family Swim 7:05-8:00 pm			*Y's Owl Family Swim 10:40-11:10 am	
<b>A-Frame</b>		Craft 9:00 am & 12:30 pm	Craft 9:00 am & 12:30 pm			Drop & Shop 8:00 am- 12:00 pm	
<b>Lobby</b>					Craft, Movie, Coloring, Cider 9:00-11:00 am		
<b>Fitness Center or Gymnasium</b>					Family Kids Gym 9:00-10:30 am		
<b>Club Room</b>					Prime Time 8:00-10:30 am		
<b>Trail</b>				Mountain Bikes 10:00 am- 2:00 pm			
<b>Field</b>						Family YMCA Fun Run 10:00 am	

All week, family members can bring a friend for free. Friends are also welcome at water exercise classes and family swim.

\*Children under the age of 12 must be accompanied by an adult in the pool area. Children under the age of 7 must be accompanied by an adult in the water.