



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FOR Y FAMILIES

CONCORD FAMILY YMCA March 1 - May 31, 2019



These days, it seems tougher than ever to find time for the important things in life. Long work hours compete with household chores, leaving families with fewer opportunities to relax, connect and enjoy one another's company.

We understand this firsthand, which is why we specialize in bringing families together to have fun. Whether the activities are physical — like sports and exercise classes — or more recreational — like swimming and playing games — we encourage you to find things to do together here at the Y. It's our promise to strengthen the foundation of our community through a focus on youth development, healthy living and social responsibility. These times below are a family or single parent member benefit.

DAY	ACTIVITY	TIMES	LOCATION
Monday	Family Swim OPEN Gym Time	9:15-11:00AM (1 lane) * See room schedule for any open times	Pool (1st floor) Big Gym (3rd floor)
Tuesday	Family Swim OPEN Gym Time	9:15-11:00AM (1 lane) • 3:00-4:00 PM (2 lanes) See room schedule for any open times	Pool (1st floor) Big Gym (3rd floor)
Wednesday	Family Swim OPEN Gym Time	9:15-11:00 AM (1 lane) See room schedule for any open times	Pool (1st floor) Big Gym (3rd floor)
Thursday	Family Swim OPEN Gym Time	9:15-11:00 AM (1 lane) • 3:00-4:00 PM (2 lanes) See room schedule for any open times	Pool (1st floor) Big Gym (3rd floor)
Friday	Family Swim OPEN Gym Time Rock Climbing	9:15-11:00 AM (1 lane) • 3:00-8:30 PM (2 lanes) See room schedule for any open times 6:30-7:30 PM	Pool (1st floor) Big Gym (3rd floor) Small Gym (3rd floor)
Saturday	Family Swim OPEN Gym Time Family Gym Time	2:00-4:30 PM (4 lanes) 12:00-3:00PM 3:00-6:00PM	Pool (1st floor) Big Gym (3rd floor) Small Gym (3rd floor)
Sunday	Family Swim Family Gym Time	2:00-4:30 PM (4 lanes) 9 AM to 1 PM and 2 - 6 PM	Pool (1st floor) Small Gym (3rd floor)

Times are subject to change without notice. Whenever able will notify through Facebook or signs in building.

FAMILY GYM TIME

Children and families can interact together in the gym in a variety of free play activities. Equipment available in small gym - items in blue bins. Please return items to bins when done.

FUN FAMILY FRIDAYS

Creative, fun evening for the whole family—3rd Friday of Every Month.

FAMILY SWIM TIME

We offer a variety of times throughout the week and weekend for our family members to enjoy recreational swim time together. Check out our pool toys!