



# WHERE [FAMILIES] BELONG BACK 2 SCHOOL PROGRAM GUIDE

LINCOLN FAMILY YMCA



SCAN HERE TO  
REGISTER

[valleyYMCA.org](http://valleyYMCA.org)



## BEFORE & AFTER SCHOOL - AGES: 5 - 12

Valley of the Sun YMCA offers safe and engaging before and after school programs for children from kindergarten to middle school. Our highly qualified staff members are trained to care for the mental well-being of our youth participants and our state-licensed programs are available Monday through Friday.



## EARLY LEARNING - AGES: 1 - 5

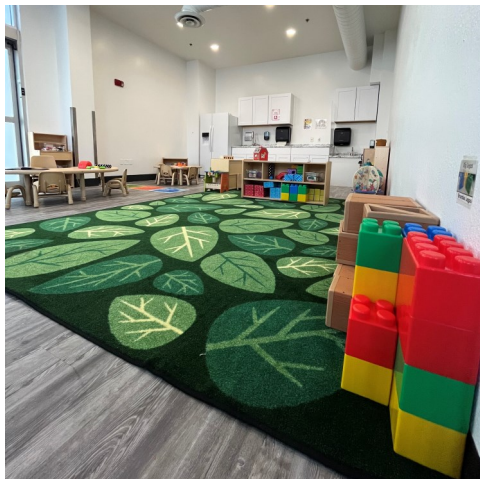
Children are encouraged to exercise their creativity, develop new skills, work and play with peers, and develop positive relationships with adult role models. Activities include literacy, mathematics, science, social studies, arts, technology, and healthy habits. Our state-licensed preschool programs provide a developmentally appropriate curriculum designed to support the cognitive, social, emotional, and physical growth of your children. All preschool programs are licensed by the state of Arizona and accept DES and the Arizona Enrichment Center Scholarship.



## MUSCLE UP GROUP FITNESS - AGES: 6 - 11

Muscle Up is a motivational program teaching strength training to youth. This 30 minute class will develop a sense of accomplishment and allow youth to experience some of the same things their parents get to do at the Y.

In this class, youth will: be motivated, gain confidence, improve balance/coordination, improve cardiovascular conditioning, improve strength, make friends and most importantly, HAVE FUN!



## MEMBER BENEFITS:

- YMCA fitness facilities
- Complimentary group fitness classes
- Eligible for nationwide membership program
- Flexible membership options
- Priority registration and reduced rates on programs
- Free child watch at our Y Kids Club
- Free Parents Night Out
- Access to our virtual fitness platform - YMCA360

## YMCA'S OFFERINGS:

- Group fitness classes
- Cardio, strength and functional fitness areas
- Personal training
- Child care
- Early learning
- Rec and competitive sports programs
- Seasonal swim lessons
- Seasonal and year round pools
- Summer and school break camps
- Teen leadership programs

## PARENTS NIGHT OUT SCHEDULE

- AUGUST 4TH @ 5:30PM
- SEPTEMBER 1ST @ 5:30PM
- OCTOBER 6TH @ 5:30PM
- NOVEMBER 3RD @ 5:30PM
- DECEMBER 1ST @ 5:30PM



**Financial Assistance  
Application**

