




# Grants Pass Family YMCA Fall 2010 Youth Activities Guide

## YOUTH SPORTS


**Youth Soccer!**  
For ages 3-8 at Riverside Park  
**When:** Saturdays  
September 18-October 9 (4wks)



8:00am: 7-8 year olds  
9:00am: 5-6 year olds  
10:00am: 3-4 year olds

**Cost:** \$20 members  
\$35 non-members

**Youth Football!**  
For ages 3-6 at the YMCA




**When:** Tuesdays  
October 19-November 9 (4wks)

4:30pm: 3-4 year olds  
5:30pm: 5-6 year olds

**Cost:** \$20 for members  
\$35 for non-members

**Youth Basketball!**  
For ages 3-8



**When:** Tuesdays  
November 16-December 14  
(4wks, skip Nov. 23)

4:30pm: 3-4 year olds  
5:30pm: 5-6 year olds  
6:30pm: 7-8 year olds

**Cost:** \$20 members  
\$35 non-member

## YOUTH ACTIVITIES

**Recreation Swimming**  
**Monday-Friday: 2:30-pm-5pm & 7pm-9pm**  
**Saturday & Sunday: 12 – 5 pm**

**Rock Wall Schedule**  
**Monday: 5-7pm**  
**Tuesday-Friday: 4-7pm**

**Youth Room Activities**  
Monday–Friday  
Hours: 4pm–9 pm  
Saturday and Sunday:  
Hours: 12 pm–5 pm

**Youth Gym Activities**  
Monday-Thursday  
Hours: 5pm-8pm  
**Free to members!**

**Swim Lessons**  
**Learn how to swim at the YMCA!**  
**Lessons will go all year round and are for all ages.**

**Swim Team**  
**Competitive swimming for ages 5 and up! Stop by the YMCA or call for more information at 541-474-0001.**

## YOUTH PROGRAMS

**Home School P.E.!**  
For 5-16 year olds  
**When:** Tuesday and Thursday  
**Time:** 1:30 pm to 2:30pm  
**Cost:** **Free** to members  
\$30 non- members

**Pre School P.E.!**  
For 3 and 4 year olds  
**When:** Tuesday and Thursday  
**Time:** 9am to 9:45am  
**Cost:** **Free** to members  
\$30 non- members

**After School P.E.!**  
For 6-11 year olds  
**When:** Monday and Wednesday  
**Time:** 4:30pm to 5:30pm  
**Cost:** **Free** to members  
\$30 non- members

**Youth Aquatics P.E.!**  
For 6-12 year olds  
**When:** Monday and Wednesday  
**Time:** 5:00pm to 6:00pm  
**Cost:** **Free** to members  
\$30 non- members

**Y-HALL After School Program**  
Members \$9/ day or \$135/ month  
Non-members \$11/ day or \$185/ month  
\*Free busing from Jerome Prairie and Redwood Elementary

**\*September 13th-17th is our open house week!**  
**\*Half off enrollment fee for the month of September!**  
**Come into the Y today or call us at 541-474-0001 for more information.**

# MORE PROGRAMS



**Archery!**  
For ages 8 and up  
Bring the whole family!  
Mondays 4-5pm  
**Fall Session 1:**  
September 27th-October 25th  
**Fall Session 2:**  
November 1st -29th  
**Cost:** Members \$30 Non-\$45

**Birthday Parties at the Y!**  
Come to the Grants Pass Family YMCA for your child's birthday party. We have youth gym activities, bounce castle, swimming pool, rock wall, and more!  
Call the YMCA for more information or to schedule a party at 541-474-0001.



**Story Time!**  
The YMCA is offering story time for toddlers. Older siblings are welcome. We will read 2-3 picture books and then do an activity.  
**When:** Thursdays 10-11:00am  
**Free to all!**



**Play Group!**  
This program serves as a parent support group while providing a safe and fun play environment.  
There will be multiple gym toys that we will bring out during this time.  
**When:** Mondays starting October 4th  
**Time:** 10:00-11:00am  
**Cost:** Free to members  
\$2.00 per child  
Or \$5.00 per family per visit.



**Family Triathlon!**  
Starting in September, join in on a fresh, fun family challenge! Earn points (miles) with every activity!  
Do simple and fun things as a family and get healthier in the process!  
More info coming soon.

**Operation Fit Kids**  
Kids will enjoy physical activities, meet special guests, learn about food, fitness, and will have fun!  
For ages 8-11  
**When:** Monday and Wednesday  
**Time:** 4:00-5:00pm  
**Instructor:** CJ Blaney (ACE certified)  
**Cost:** Free to members  
Non-members \$25

**Love & Logic**  
The YMCA is pleased to offer "Early Childhood Parenting Made Fun." Parents of young kids will learn skills that will give them happy and fun filled families.  
**When:** Monday evenings for 6 weeks starting September 27, 2010  
**Time:** 6:00pm-8:00pm  
**Cost:** \$20 members (\$35 couple)  
\$30 non-member (\$50 couple)  
\* Deadline to sign-up is Friday, Sept. 24th.

