



NOVEMBER FAMILY CALENDAR

CENTRAL CITY FAMILY YMCA

Instagram @centralcityymca | Facebook @CentralCityYMCA

SUN	MON	TUE	WED	THU	FRI	SAT
STAY AND PLAY HOURS YOUTH ZONE HOURS						
CLOSED	8:45am–11:30am 5:00pm–7:30pm 4:45pm–7pm	8:45am–11:30am 5:00pm–7:30pm 4:45pm–7pm	8:45am–11:30am 5:00pm–7:30pm 4:45pm–7pm	8:45am–11:30am 5:00pm–7:30pm 4:45pm–7pm	8:45am–11:30am 4:45pm–7pm	8:45am–12:30am 8:45am–12pm

PROGRAM HIGHLIGHTS & SPECIAL EVENTS

					1 Football Friday	2 Youth Sports 9a-3pm
3	4 Martial Arts 7:30-8:30p	5 Youth Sports 6:30-7:30p iMA in Lobby	6 Martial Arts 7:30-8:30p Youth Sports 6:30-7:30p Humana in Lobby	7 Youth Sports 6:30-8:30p Leader's Club 6:30pm-8pm	8	9 Youth Sports 9a-3pm
10	11 Martial Arts 7:30-8:30p KDO 7a-6p M/T/Th Swim Lesson Begin	12 Youth Sports 6:30-7:30p CPR/AED/FA 10a-1p	13 Martial Arts 7:30-8:30p Youth Sports 6:30-7:30p	14 Youth Sports 6:30-8:30p Leader's Club 6:30pm-8pm	15 ARC Lifeguard Course ARC Lifeguard Instructor Course	16 Youth Sports 9a-3pm ARC Lifeguard Course ARC Lifeguard Instructor Course
17 CPR/AED/FA 9:30a-12:30p ARC Lifeguard Course ARC Lifeguard Instructor Course	18 Martial Arts 7:30-8:30p	19 Youth Sports 6:30-7:30p iMA in Lobby	20 Martial Arts 7:30-8:30p Youth Sports 6:30-7:30p Humana in Lobby	21 Youth Sports 6:30-8:30p Leader's Club 6:30pm-8pm	22	23 Youth Sports 9a-3pm
24	25 Martial Arts 7:30-8:30p KDO 7a-6p	26 KDO 7a-6p	27 Martial Arts 7:30-8:30p KDO 7a-6p	28 CLOSED FOR THANKSGIVING	29	30 Youth Sports 9a-12p

ACTIVITIES

PROGRAMS

AQUATICS



ACTIVITIES

Stay & Play

Ages 6wks-10yrs

We'll watch the kids while you workout! The kids engage in interactive, curriculum-based activities. They participate in art, reading, and more!

Youth Zone

Ages 5-12yrs. supervised play for kids.

Kids make friends, play games and even have a space to work on homework while you work out.

Pickleball

Monday 6:30-8:30pm

Tuesday & Thursday 10am-12pm

Sunday 11a-12p Pick-Up

A fun game that mixes badminton, ping-pong, and tennis. Played with 2 or 4 people and great for all fitness levels!

Pick-up Basketball

Monday—Wednesday

6:30am-8:30am

4:30pm-6:00pm

Create a team of your peers and practice your skills!

Parents' Night Out

5:30pm-9:00pm

Leave your child with us for a night of fun! Members only.

Football Friday

Wear your teams football jersey and rock your work while representing your team.

PROGRAMS

After School Care

Available for children in kindergarten through eighth grade at Rampello Magnet School, Booker T Washington, Tampa Heights Magnet. Each day, kids in the after school program engage in academic enrichment and homework time, structured activities with physical activity outside, hands-on engaging indoor activities, plus healthy snacks and arts & crafts. Drop Off options are available.

Licensed Preschool Care

Our new Licensed Preschool Programs led by certified and experienced childcare staff to ensure the highest quality of care and education with an evidence based curriculum. Our programs are designed to foster the social, emotional, and physical well-being of every child

Adult Martial Arts

Mon/Wed 7:30-8:30p Join us for an opportunity to build self awareness, self-confidence, and use tools to hone self-discipline. **COST: \$55**

Leaders Club

Thursdays

6:30pm-8pm

For grades 7-12, engage in volunteer activities, that help build the community, while learning leadership skills and interacting with other future leaders.

Basketball League: Ages 6-13

3v3 Recreational Basketball is a low pressure 3 vs. 3 basketball league that focuses on player development. Teams participate in eight games during an eight-week season and are guided by volunteer coaches. Teams are based on school and grade with modified rules for younger grade levels.

Little Rookies: Ages 3-5

Our preschool sports program is designed for young kids, introducing them to recreational basketball and indoor soccer. A great way for young children to develop introductory sports skills in a structured and fun setting. Personalized attention from encouraging coaches also promotes important lessons about fair play, teamwork and sportsmanship.

Kid's Day Out (KDO)

7am-6pm: School is out fun is in! Sign up today for care!

AQUATICS

Swim Lessons

Swim Lessons Mon/Wed/Fri, Tues/Thurs, and Saturday. Swimming and water safety skills are crucial to being safe around pools, rivers and beaches, especially in Tampa Bay. The Tampa Y offers swim lessons for all ages – everyone from babies to seniors have learned how to be safe around the water and be comfortable in the pool. To ensure each swim lesson participant improves their skills each session, students will build foundational skills, and with each successful session achievement, encounter new challenges as they progress.

Individual Swim Lessons

These unique lessons will be conducted similarly to our Private Lessons. Swimmers interested in these lessons are looking for one-on-one instruction and can attend pre-scheduled sessions with set dates and times listed by location.

- **Friday 9/6** 4:15pm, 4:50p, 5:25pm, 6pm
- **Saturday 9/7** 10am, 10:35am, 11:10am, 11:45am

ARC First Aid, CPR, AED Course

The American Red Cross First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed.

ARC Lifeguard Course

The American Red Cross Lifeguarding course will provide entry level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses.