



MAY FAMILY CALENDAR

CENTRAL CITY FAMILY YMCA

Instagram @centralityymca | Facebook @CentralCityYMCA

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

PROGRAM HIGHLIGHTS & SPECIAL EVENTS						
				1 Youth Sports 6:30–7:30p TOP SCANNERS FOR APRIL ANNOUNCED	2 ARC Lifeguard Course POP-UP FUN: FREE FACE PAINT 4PM–6PM	3 Youth Sports ARC Lifeguard Course
4 ARC Lifeguard Course	5 M/W Swim Lessons Begin Adult Martial Arts 7:30p	6 Youth Sports 6:30–7:30p Tues/TH Swim Lessons Begin	7 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	8 Youth Sports 6:30–7:30p	9 LIFE IN THE LOBBY: PIPE CLEANER BOUQUET FOR MOTHER'S DAY	10 Youth Sports ARC CPR/FA/ AED 9:30a– 12:30p ARC Oxygen 12:30–2p
11	12 Adult Martial Arts 7:30p	13 Youth Sports 6:30–7:30p ARC CPR/FA/AED 6–9p LIFE IN THE LOBBY: BIRTHDAY PARTY	14 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	15 Youth Sports 6:30–7:30p LAST DAY FOR REFER A FRIEND TO SAVE!	16 PNO 5:30pm–9pm	17 Youth Sports Saturday Swim Lessons Begin
18	19 Adult Martial Arts 7:30p	20 Youth Sports 6:30–7:30p	21 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	22 Youth Sports 6:30–7:30p POP-UP FUN: SUMMER CRAFT IN THE LOBBY 4PM–6PM	23	24 Youth Sports
25	26 Memorial Day Open 7am–12pm Pool 1:30am– 11:30am Stay and Play 9am– 11am	27 Youth Sports 6:30–7:30p Tues/TH Swim Lessons Begin	28 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	29 Youth Sports 6:30–7:30p	30 LIFE IN THE LOBBY: WATER SAFETY INFO 9am–11am	31 Youth Sports

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.

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**

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.

Parents' Night Out

5:30pm-9:00pm

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

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.

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.

ARC Oxygen Course

The purpose of the American Red Cross Administering Emergency Oxygen course is to give participants the knowledge and skills necessary to provide care to a victim of a breathing emergency using breathing devices, including resuscitation masks, bag-valve-mask resuscitators (BVMs) and emergency oxygen.