



JUNE 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 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 Summer Fun Scan Challenge 	2 M/W/F Swim Lessons Begin Adult Martial Arts 7:30p First Day of Summer Camp	3 Youth Sports 6:30–7:30p Life In The Lobby: Meet the Trainer Maki 8am–10am	4 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	5 Youth Sports 6:30–7:30p	6 ARC Lifeguard Course	7 Youth Sports ARC Lifeguard Course
8 ARC Lifeguard Course	9 Adult Martial Arts 7:30p Week 2 Summer Camp	10 Youth Sports 6:30–7:30p	11 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p Humana and Empath Health 9am–11am	12 Youth Sports 6:30–7:30p Lunch & Learn Axiom Brain Health 11:30am–12:30pm	13	14 Youth Sports
15	16 M/W/F Swim Lessons Begin Adult Martial Arts 7:30p Week 3 Summer Camp	17 Youth Sports 6:30–7:30p Tues/Th Swim Lessons Begin	18 Youth Sports 6:30–7:30p Adult Martial Arts 7:30p	19 Youth Sports 6:30–7:30p Pop Up Fun: Watermelon Summer Craft 9am–10am and 5pm–6pm	20 PNO 5:30pm–9pm	21 Youth Sports
22	23 Adult Martial Arts 7:30p Week 4 Summer Camp	24	25 Adult Martial Arts 7:30p Humana and Empath Health 9am–11am	26 Pop Up Family Fun: Scan the QR Code Scavenger Hunt and you can WIN! Collect all 7! (All Day)	27	28 Saturday Swim Lessons Begin ARC CPR/FA/AED 9:30a–12:30p
29	30 Adult Martial Arts 7:30p Week 5 Summer Camp					

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!

Full court closed Mon-Fri 8:45am-4pm due to summer camp.

Parents' Night Out

5:30pm-9:00pm

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

PROGRAMS

Summer Camp

7am-6pm Monday-Friday

YMCA Summer Camp offers campers the opportunity to try something new while they build character through activities based on the Y Core Values: caring, honesty, respect and responsibility.

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.

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5:30pm-9:00pm

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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.