





JULY 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						
29 Week 5 Summer Camp: YMCA Olympics	30 Adult Martial Arts 7:30p	1 OneBlood Bus Blood Drive 10am–12:30pm	2 Adult Martial Arts 7:30p	3		5 Lil Rookies Tour De Y Bingo Challenge Begins
6 ARC CPR and FA Course 10am–1pm Week 6 Summer Camp: Party in the USA	7 Adult Martial Arts 7:30p M/W/F Swim Lessons Begin Floorball League Begins 6pm–7pm	8 NEW CARDIO EQUIPMENT Tu/Th Swim Lessons Begin ARC CPR and FA Course 6pm–9pm	9 Adult Martial Arts 7:30p Humana and Empath Health 9am–11am	10 ARC Lifeguard Course	11 ARC Lifeguard Course Pop Up Family Fun: Popsicles by the Pool	12 Lil Rookies Basketball Clinics Begins ARC Lifeguard Course
13 Pickleball League Begins Week 7 Summer Camp: Halloween in July	14 Adult Martial Arts 7:30p	15	16 Adult Martial Arts 7:30p	17 Pop Up Fun: Create your own beach! Kinetic Sand fun Lobby 9am–10am/ 5pm–6pm 	18 PNO 5:30pm–9pm	19 Youth Sports
20 Week 8 Summer Camp: Color Wars	21 Adult Martial Arts 7:30p M/W/F Swim Lessons Begin	22 Pop Up Fun: Rainbow Beaded Windchime @ Stay and Play 9am–10am/5pm–6pm	23 Adult Martial Arts 7:30p Humana and Empath Health 9am–11am	24 Life in the Lobby FOLLOW US ON...win some Y swag!	25	26 Youth Sports
27 Tour De Y Bingo Challenge Ends Week 9 Summer Camp: Shark Week	28 Adult Martial Arts 7:30p	29 Tu/Th Swim Lessons Begin	30 Adult Martial Arts 7:30p	31	1 ARC Lifeguard Course	2 ARC Lifeguard Course
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.

Tour De Y: Bingo Challenge

Complete the tasks on your bingo card to earn a bingo and win a Prize. Bingos can be vertical, horizontal, or diagonal. Turn your bingo card into the Welcome Center to redeem for your prize.

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

Central City's Basketball Clinics are designed to enhance the youth Basketball skills at any level whether it is beginner, intermediate or advanced. There will be a break in our session on Saturday July 5th.

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.

Pickleball League

This summer the Central City YMCA is offering a Pickleball league for adults and youth of all skill levels. It is a great way to stay active and connect with the community.

Floorball League

Experience the Fast-Paced Action of Floorball at the Tampa YMCA! The Tampa YMCA, in partnership with the Tampa Bay Lightning, is bringing the thrilling sport of Floorball to our community! This fast paced game combines Hockey and indoor soccer, using lightweight sticks and perforated balls for non-stop action.

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.