

Summer 2010

YMCA of Twin Falls Kids Activities Schedule



Time	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	CP	*Sagebrush (8:30 - 10am)	*Sagebrush (8:30 - 10am)	*Sagebrush (8:30 - 10am)	*Sagebrush (8:30 - 10am)	*Sagebrush (9 - 10am)	
9:00am	E	XR Zone (9 - 12pm)	XR Zone (9 - 12pm)	XR Zone (9 - 12pm)	XR Zone (9 - 12pm)	XR Zone (9 - 12pm)	XR Zone (9 - 12pm)
	CR	Kids Club (9 - 12pm)	Kids Club (9 - 12pm)	Kids Club (9 - 12pm)	Kids Club (9 - 12pm)	Kids Club (9 - 12pm)	Kids Club (9 - 12pm)
	CP	*Swim Lessons/ Water Babies (9 - 12pm)	*Swim Lessons/ Water Babies (9 - 12pm)	*Swim Lessons/ Water Babies (9 - 12pm)	*Swim Lessons/ Water Babies (9 - 12pm)	*Swim Lessons/ Water Babies (11 - 12pm)	
10:00am	E		Zumbatomic® (Ages 4 - 7)	Music & Movement (Ages 18mo - 6 yrs)	Zumbatomic® (Ages 8 and older)		
12:00pm	CP	Open Swim (12 - 5pm)	Open Swim (12 - 5pm)	Open Swim (12 - 5pm)	Open Swim (12 - 5pm)	Open Swim (12 - 5pm)	Open Swim (Sat/Sun: 12 - 5pm)
1:00pm	CP	Iceberg Invasion (1 - 4pm)		Iceberg Invasion (1 - 4pm)		Iceberg Invasion (1 - 5pm)	
	CR			Drums Alive® (Ages 6 and Older)			
	E	XR Zone (4 - 8pm)	XR Zone (4 - 8pm)	XR Zone (4 - 8pm)	XR Zone (4 - 8pm)	XR Zone (4 - 7pm)	
	CR	Kids Club (4 - 8pm)	Kids Club (4 - 8pm)	Kids Club (4 - 8pm)	Kids Club (4 - 8pm)	Kids Club (4 - 9pm)	
5:00pm	CP	*Swim Lessons/ Water Babies (5 - 7pm)	*Swim Lessons/ Water Babies (5 - 7pm)	*Swim Lessons/ Water Babies (5 - 7pm)	*Swim Lessons/ Water Babies (5 - 7pm)		
6:00pm	CP					Open Swim (6 - 9pm)	Iceberg Invasion (6 - 9pm)
6:30pm	CR			Hip-Hop (Tweens and Teens)			
7:00pm	CP	Open Swim (7 - 9pm)	Open Swim (7 - 9pm)	Open Swim (7 - 9pm)	Open Swim (7 - 9pm)		
9:30pm	CP						Midnight Splash (July 17, August 21) (9:30 - 11:30pm)

* Programs that require a separate registration fee.
Schedule is subject to change. See back for more details.

CP = YMCA/City Pool: 734-2336
CR = Canyon Rim YMCA: 734-7447
E = Elizabeth Blvd. YMCA: 733-4384

YMCA Kids Activities Descriptions

AQUATIC CLASSES

Sagebrush Swim League allows swimmers to get the opportunity to be in a team environment where they will compete against swimmers throughout the Magic Valley in the four competitive swim strokes. Season begins June 7th.

Prices: YMCA Members: \$85 Non – Members: \$110

Swim Lessons are for children 3 years of age and older. Students will learn the basic skills such as floating, kicking and proper breathing to more advanced skills such as front crawl, back crawl, dolphin kick, and elementary backstroke. Summer sessions begin June 7th.

Preschool Swim Lesson Prices (Ages 3 – 5): YMCA Members: \$30 Non – Members: \$45

Progressive Swim Lesson Prices (Ages 6 and older): YMCA Members: \$35 Non – Members: \$50

Water Babies is an introduction to the aquatic environment for children 6 months – 3 years of age. Children will learn to become comfortable in the water by learning how to blow bubbles, go underwater, kick, and float. This class also teaches parents how to safely have fun with their children in the water. Summer sessions begin June 7th.

Prices: YMCA Members: \$30 Non – Members: \$45

LAND CLASSES

Drums Alive® is the most unique fitness program extravaganza to hit the Y! This class is full of powerful and motivating music and drumming rhythms that will get your feet stomping, your brain waves flowing, and your body moving. Drums Alive® uses stability balls and drumsticks to create a high energy and fun experience!!!

Hip - Hop is a high energy fitness/dance class. Participants will have fun doing different hip hop moves to the music.

Music and Movements nurtures a child's cognitive, emotional, social, language, and physical development.

Zumbatomic® is a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let children ages 4-12 max out on fun and fitness all at the same time. There are a maximum of 15 participants per class.

AQUATIC ACTIVITIES

Iceberg Invasion is like nothing else in the Magic Valley. The ICEBERG allows patrons to climb 14ft and slide all the way to the bottom. All patrons must know how to swim. Patrons under 16 must be able to pass the swim test.

Midnight Splash is a fun filled night of games, prizes, and FUN!!!

Open Swim is scheduled swim time for patrons to use the pool for a variety of different leisure activities.

LAND ACTIVITIES

The Kids Club is a NEW addition to the Canyon Rim YMCA. It features ping pong, air hockey, shuffleboard, foosball, and dome hockey. The Kids Club also features the Kids Lounge, an area with couches and a big TV hooked up to an Xbox 360. In this supervised environment, children will be able to have fun with a wide variety of activities while their parents workout.

The XR Zone is an interactive fitness arcade. Children will have fun on the latest in digital interactive fitness, which includes the Play Floor 2.0, Dance Dance Revolution, Dogfight Flight Simulators, and XR boards. While Mom and Dad are working out in the Fitness Center, the kids can have FUN in the XR Zone and get a workout at the same time!!!

LOCATIONS

Elizabeth Blvd. YMCA: 1751 Elizabeth Blvd. 733-4384

YMCA/City Pool: 756 Locust St. N. 734-2336

Canyon Rim YMCA: 1881 Pole Line Rd. 734-7447