

Family Prime Time Schedule

Chain of Lakes YMCA - (651) 795-9622

Effective January 4-February 21

Monday				Thursday			
Time	Program	Location	Pre-Register	Time	Program	Location	Pre-Register
9:30-10am	Kids Fitness	Gym	No	9:30-10am	Parent/Child Crafts	AC	*Yes
10-10:20am	Kids Fitness Yoga	Gym	No	10-10:30	Preschool 3D art	AC	*Yes
1:15-1:45pm	Preschool Sports	Gym	*Yes	10:45-11:15am	Preschool Sports	Gym	*Yes
4:45-5:30pm	SA Sports	Gym	*Yes	4:30-5pm	Preschool Basketball	Gym	*Yes
5:45-6:15pm	Preschool Messy Play	AC	*Yes	5-5:45pm	SA Basketball	Gym	*Yes
5:45-6:15pm	SA Cooking	Break Room	*Yes	4-7pm	Big Kids Stuff	AC	No
2:30-5:30pm	Teen Center 10+	AC	No	5-5:45pm	SA Football	Gym	*Yes
4-7:30pm	Big Kids Stuff 7-10	MP	No	2:30-5:30pm	Teen Center 10+	AC	No
5:30-7:30pm	Youth & Teen Gym Time	Gym	No	4-7:30pm	Big Kids Stuff 7-10	MP	No
7:30-8:30pm	Teen Center 10+	AC	No	5:30-7:30pm	Youth & Teen Gym Time	Gym	No
				7:30-8:30pm	Teen Center 10+	AC	No

Tuesday				Friday			
Time	Program	Location	Pre-Register	Time	Program	Location	Pre-Register
10-10:30am	3D Art	AC	*Yes	9:30-10am	Kids Bosu	Gym	No
10:45-11:15am	Preschool Dance	Studio	*Yes	5-7pm	Family Movie Night	AC	No
4:45-5:30pm	SA Lacrosse	Gym	*Yes				
2:30-8:30pm	Teen Center 10+	AC	No				
4-7:30pm	Big Kids Stuff	AC	No				

Wednesday				Saturday			
Time	Program	Location	Pre-Register	Time	Program	Location	Pre-Register
9:30-10am	Kids Fitness	Gym	No	9-9:30am	Pre Floor Hockey	Gym	*Yes
10-10:20am	Kids Fitness Yoga	Gym	No	9:30-10am	Preschool Dance	AC	*Yes
12-1pm	Homeschool Gym 5-7	Gym	*Yes	10-8pm	Teen Center 10+	AC/MP	No
1:05-2:05pm	Homeschool Gym 6-8	Gym	*Yes	10-1pm	Big Kids Stuff	MP	No
2:30-8:30pm	Teen Center 10+	AC	No				
4-7:30pm	Big Kids Stuff	AC	No				
5:10-5:40pm	Kids Fitness	Gym	No				

Special Events				Sunday			
Time	Program	Location	Pre-Register	Time	Program	Location	Pre-Register
9-Jan	Teen Night	COL	No	1:40-2:25pm	Family Drums Alive	S	No
16-Jan	Kids Night Out	COL	*Yes	2:35-3:05pm	Kid's Fitness Yoga	S	No
23-Jan	Teen Night	COL	No	3:30-4pm	Preschool Basketball	Gym	*Yes
31-Jan	Tri for the Y	COL	*Yes	4-4:45pm	SA Basketball	Gym	*Yes
29-Jan	Family Pool Party	COL	No				
12-Feb	Kids Night Out	COL	*Yes				
13-Feb	Teen Night	COL	No				
20-Feb	Frozen 5K & Winter Cam	CP	*Yes				
27-Feb	Teen Night	COL	No				
	FRIDAYS FAMILY MOVIE NIGHT	AC	NO				

KS=Kids Stuff AC=Activity Center Pre=Preschool 3-5 SA=School Age 5-12

Youth Activity Time is for ages 7 years and up! Family Activity Time is for all family members!

*Pre-Registered Session 1 Youth Class Information is Available in the Program Schedule online or at Member Services.

Building Hours- Mon-Fri 5am-10pm Sat 7am-8pm Sun 9am-8pm

Kids Stuff Hours- Mon-Fri 8am-8pm,Sat 9am-3pm, Sun 12pm-8pm

