



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE

WESTSIDE FAMILY YMCA

Revised Jan 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/Child Gym 4:00pm	Intro Preschool Gymnastics 4:00pm	Intro Tumbling 4:15pm	Intro Gymnastics 4:00pm		
Intro Preschool Gymnastics 4:30pm	Rollers 1 4:30pm	Rollers 2 4:45pm	Rollers 1 4:30pm		
Intro Gymnastics 5:00pm	Mixed Martial Arts 5:00pm	Sticky Fingers 5:00pm	Mixed Martial Arts 5:00pm		
Intro Boxing 5:00pm					
Intro Tumbling 5:30pm	Tumbling 1 5:30pm		Rollers 2 5:30pm		
Intro Boxing 5:45pm	Mixed Martial Arts 5:45pm	Tumbling 2 5:45pm	Mixed Martial Arts 5:45pm		
Intro Preschool Ballet 6:00pm		Creative Mess 6:00pm			
Youth Intro Ballet 6:30pm	Youth Modern Dance 6:30pm		Intro Preschool Ballet 6:30pm		
	Youth Hip Hop 7:00pm		Youth Ballet 7:00pm		