



**Open Hearts. Open  
Minds. Open Doors.**



# Welcome To Club Y!

## Club Y is:

An outlet for kids to express and identify themselves through creativity and inspiration !

A place to inspire kids to become better citizens of their community !

A safe haven where kids learn to be strong and independent in mind, body and spirit !

## You Are Invited To Participate!

Gym Guardian Program

Youth Fitness Center

\*Monthly Excursions

Swim Day

\*Indoor Soccer

\*Roof Top Day

After School Program

Monthly Meet N' Greet

Grub Munch Friday's

\*Indoor Dodge Ball

\*Full Court Basketball

**AND MUCH, MUCH MORE . . .**

### Club Y Schedule - After School Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 to 4:15	Study Session	Study Session	Study Session	Study Session	
3:00 to 3:30					Study Session
3:30 to 5:00					
4:15 to 4:45	Lanyards				
4:15 to 5:00		Arts N Crafts		Arts N Crafts	
4:15 to 5:30			Gym		
4:45 to 6:00	Open Activities				
5:00 to 6:00		Hip Hop Class or YFC Games		Hip Hop Class or YFC Games	
5:30 to 6:00			Open Activities		

### Club Y Schedule - Youth Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 to 4:00	Check In, Bring In a Health Snack	Check In, Bring In a Health Snack	Check In, Bring In a Health Snack	Check In, Bring In a Health Snack	
3:30 to 4:45					
4:00 to 5:30	Circuit Training		Circuit Training		
4:00 to 6:00		Circuit Training, Hip Hop Class		Circuit Training, Hip Hop Class	
5:00 to 6:00					
5:30 to 7:30	DDR, WII, Organized Games				
6:00 to 7:30		DDR, WII, Organized Games		DDR, WII, Organized Games	

First Friday: Swim Day  
Fourth Friday: Swim Day

Second Friday: Movie Day Third Friday: Crunch N' Munch  
Occasional 5th (May, July, Oct)

\*\*Schedules Are Subject to Change !

**Everybody is catching FEVER FRIDAY !**