



THERE'S A Y IN EVERY FAMILY



Centennial Hills YMCA Family Spotlight

F

FREE FAMILY NIGHTS

2/2: Dance Party

2/9: Meet @ SeaQuest

2/16: Craft Night

2/23: Minute to Win It

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PARENTS' NIGHT OUT

Take a night off while your kiddo has a blast at the Y! Held every Saturday, 5:30-8:30 PM, for children ages 3-12. Only \$5!

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FAMILY FUN DAY

Spend time together by using our family-friendly amenities, including sparkling pools, Game Center, basketball courts, and Fitness Center.

Take a Hike!

The Y loves its family members! That's why we host tons of free and nominal-fee programs that help them grow stronger as family units and as individuals. For example, our Y families love Family Night – a different, fun, and family-friendly event held every Friday at 6:00 PM (check out the calendar on the next page for this month's exciting offerings). Kiddos rave about Parents' Night Out, an opportunity for parents to take a night off while their little ones have a blast at the Y (prior registration is required). They also can't get enough of our Youth Engagement Center – a free after-school space for them to do homework and participate in tons of activities with friends (find out more at our Welcome Desk). But the recent buzz has been about our Take a Hike! program.

In 2018, the Y is taking the lead on getting families outdoors through our Take a Hike! program. Bring your family, friends, and neighbors to our free monthly family-friendly hikes. They are an excellent way to get fresh air and exercise in some of the most picturesque locations around town. In fact, hiking has been shown to lower the risk for heart disease, improve blood pressure and sugar levels, boost bone density, improve balance, and decrease stress and anxiety.

This month's hike will be at the Valley of Fire State Park where, guided by a park ranger, families will adventure through family-friendly trails and explore world-renown Aztec sandstone and petroglyphs. Spots are limited, so register today (in-person, online, or through our app)!

UPCOMING PROGRAMS

Youth Jiu-Jitsu

February 8 – March 2

Thursdays & Fridays

Ages 4-8, 9-13

\$80 – Please Register

PHunky Friday

February 9 & 23

12:15 PM – 12:45 PM

Ages 2-5, with Parent

Family Art/Science Project

\$5 – Please Register

Presidents' Day Camp

February 15, 16, & 19

7:00 AM – 6:00 PM

Ages 5-15

\$90 Weekly, \$40 Daily

Take a Hike!

February 24

10:00 AM – 1:00 PM

Valley of Fire

Free – Please Register

STAY IN TOUCH!

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REMIND Text Message Alerts

Text "@chyfamily" to 81010
for event reminders.



CENTENNIAL HILLS YMCA – YOUTH & FAMILY CALENDAR

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Y KIDS PLAY 5 PM & 6 PM	2 FAMILY NIGHT* 6-8 PM (Dance Party)	3 Y KIDS YOGA & DANCE 9:30 & 10 AM (respectively) PARENTS' NIGHT OUT* 5:30-8:30 PM (Teams)	4 FAMILY FUN DAY 10 AM – 4 PM
5 Y KIDS YOGA & PLAY 5 PM & 6 PM (respectively)	6 Y KIDS PLAY 6 PM	7 Y KIDS PLAY 5 PM & 6 PM	8 YOUTH JIU-JITSU LAUNCH* Y KIDS PLAY 5 PM & 6 PM	9 PHunky FRIDAY* 12:15-12:45 PM FAMILY NIGHT* 6-8 PM (Meet at SeaQuest)	10 Y KIDS YOGA & DANCE 9:30 & 10 AM (respectively) PARENTS' NIGHT OUT* 5:30-8:30 PM (Cookie Decorating)	11 FAMILY FUN DAY 10 AM – 4 PM
12 Y KIDS YOGA & PLAY 5 PM & 6 PM (respectively)	13 Y KIDS PLAY 6 PM	14 Y KIDS PLAY 5 PM & 6 PM	15 PRESIDENTS' DAY CAMP* 7 AM – 6 PM Y KIDS PLAY 5 PM & 6 PM	16 PRESIDENTS' DAY CAMP* 7 AM – 6 PM FAMILY NIGHT* 6-8 PM (Build It Night)	17 Y KIDS YOGA & DANCE 9:30 & 10 AM (respectively) PARENTS' NIGHT OUT* 5:30-8:30 PM (Tie Dye)	18 FAMILY FUN DAY 10 AM – 4 PM
19 PRESIDENTS' DAY CAMP* 7 AM – 6 PM Y KIDS YOGA & PLAY 5 PM & 6 PM (respectively)	20 Y KIDS PLAY 6 PM	21 Y KIDS PLAY 5 PM & 6 PM	22 Y KIDS PLAY 5 PM & 6 PM	23 PHunky FRIDAY* 12:15-12:45 PM FAMILY NIGHT* 6-8 PM (Minute to Win It)	24 Y KIDS YOGA & DANCE 9:30 & 10 AM (respectively) TAKE A HIKE!* 10 AM – 1 PM PARENTS' NIGHT OUT* 5:30-8:30 PM (Swimming)	25 FAMILY FUN DAY 10 AM – 4 PM
26 Y KIDS YOGA & PLAY 5 PM & 6 PM (respectively)	27 Y KIDS PLAY 6 PM	28 Y KIDS PLAY 5 PM & 6 PM				

*Fee and/or prior registration is required (in-person, online, or through our app).