

YFAMILY TIME™

We build strong kids, strong families, strong communities.

Come enjoy the Defiance Area YMCA as a Family!

These are the classes and events that are happening at the

Defiance Area YMCA

encouraging family activity! The below events will be occurring simultaneously in the evenings during the winter session to serve you better!

Mondays, Wednesdays, and Fridays

Adult Activities

- 5:30-6:15 p.m. (M, W) Pilates
- 5:30-6:15 p.m. (M, W) Sculpt and Define
- 6:30-7:00 p.m. (M, W) Cardio Kickboxing
- 7:30-8:15 p.m. (M, W) Zumba
- 7:30-8:30 p.m. (M) Ballroom Dance

Children's Activities

- 3:00-9:00 p.m. (M, W, F) Youth Center Open
- 5:15-8:45 p.m. (M, W, F) Babysitting Open
- 6:00-9:00 p.m. (M, W, F) Pool Open
- 3:00-5:00 p.m. (M, W) Small Gym Open

Tuesdays and Thursdays

Adult Activities

- 5:30-6:15 p.m. (T, Th) Power Pacing
- 6:30-7:15 p.m. (T, Th) Power Pacing
- 6:30-7:45 p.m. (T, Th) Workout
- 7:30-8:15 p.m. (T, Th) Yoga

Children's Activities

- 3:00-9:00 p.m. (T, Th) Youth Center Open
- 5:15-8:45 p.m. (T, Th) Babysitting Open
- 6:00-9:00 p.m. (T, Th) Pool Open
- 3:00-5:00 p.m. (T, Th) Small Gym Open
- 5:00-8:00 p.m. (T, Th) Various Swim Lessons – for further information please refer to the aquatics page.

**** Please inform Christina (The Aquatics Director) if your child is taking swim lessons that correspond with your group exercise class.**

We will make arrangements for your child to stay in the pool until your class is completed.

*** Minimum age required for open swim and youth center.**