

SUMMER 2026



# YOUTH ACTIVITY



	CHILD WATCH	KIDS ZONE	YOUTH FITNESS CLASSES
<b>MONDAY</b>	8 AM - 1 PM & 3:30 - 7 PM	8 AM - 1 PM 3:30 - 7 PM	
<b>TUESDAY</b>	8 AM - 1 PM & 3:30 - 7 PM	8 AM - 1 PM 3:30 - 7 PM	5:30 PM (45) <b>ASV - KIDS BOXING FITNESS</b> BOXING STUDIO *Sign in at Kids Zone  5:30 PM (30) <b>DUNIGAN KIDS POWER CIRCUIT</b> STUDIO A *Sign in at Kids Zone or Studio
<b>WEDNESDAY</b>	8 AM - 1 PM & 3:30 - 7 PM	8 AM - 1 PM & 3:30 - 7 PM	
<b>THURSDAY</b>	8 AM - 1 PM & 3:30 - 7 PM	8 AM - 1 PM & 3:30 - 7 PM	8:30 AM (30) <b>DUNIGAN - KIDS YOGA</b> STUDIO A *Sign in at Kids Zone or Studio  9:15 AM (30) <b>DUNIGAN - PRE-SCHOOL YOGA</b> STUDIO A *Sign in at Child Watch or Studio
<b>FRIDAY</b>	8 AM - 1 PM	CLOSED (BOTH LOCATIONS)	
<b>SATURDAY</b>	8 AM - 1 PM	8 AM - 1 PM	
<b>SUNDAY</b>	2-5:30 PM (DUNIGAN ONLY)	2-5:30 PM (DUNIGAN ONLY)	

## YOUTH FITNESS CLASS DESCRIPTIONS & UPCOMING EVENTS

**KIDS POWER CIRCUIT:** Ages 6-12. All fitness levels. Expect to do body weight exercises, obstacle courses, team activities and games to add a cardio blast! Please have your child use the restroom prior to check in.

**KIDS BOXING FITNESS:** ages 6-12. All fitness levels. This class will combine non-contact basic boxing fundamentals, & plyometric exercises that have both physical and mental benefits. Please have your child use the restroom prior to check in.

**KIDS YOGA:** Ages 6-12 years. All fitness levels. This class was created to introduce yoga to children who are ready to start learning more age-appropriate movement, postures, breath work, and relaxation. There will also be games and challenges to keep the class fun and to help reinforce poses taught each week.

**PRESCHOOL YOGA:** Ages 3-5; Children will be introduced to the practice of yoga through story time with movement, breath and relaxation in a playful and imaginative way.

### WELLNESS CENTER ACCESS

Youth **age 10 and up** are welcome in the Wellness Center after completing a Youth Wellness Orientation.

See the Wellness Desk to schedule!





# YOUTH ACTIVITY



## HEALTH & WELLNESS

### YOUTH FITNESS CLASSES

For youth age 6 - 12 with an active membership.

Ascension St. Vincent: Check your child into Kid Zone at least 5 mins before class time. Parents will pick them up in Kid Zone after class is over.

Dunigan: Check into Kid Zone or go directly to Group Exercise Studio and sign in. Parents will pick them up where you drop them off.

### PRESCHOOL FITNESS CLASSES

Ages 3- 5 years. Check into Child Watch or go directly to Group Exercise Studio and sign in. Preschool Fitness currently offered at Dunigan, seasonally.

### WELLNESS CENTER

For ages 14+

However, members age 10-13 may use limited equipment in Wellness after completing a free **Youth Wellness Orientation**.

All youth age 10-13, must complete this orientation class to use the Y Wellness Centers.

### YOUTH WELLNESS ORIENTATIONS (YWO)

YWO for ages 10-13 can be scheduled at the Wellness Desk.

### TRACK

Strollers welcome.

For ages 10+

Children under 10 welcome, as long as they stay within arms reach of their parent.

## CHILD CARE

### CHILD WATCH

Ages 6 weeks to 6 years old who have an active family membership.

**TIME LIMIT:** Age 6 weeks thru 6 months: 1 hour/day

Age 7 months to 1 year: 1.5 hours/day

Age 1 year to 6 years: 2 hours/day

### KIDS ZONE

Ages 5 - 12 years who have an active family membership.

## PROGRAMS & SCHEDULES

### OPEN SWIM

Check the Aquatics schedule or website.

### DUNIGAN SPLASH PAD

Open all summer, for children 9 & under. Parent must be present. See the front desk.

### FAMILY PICKLEBALL\*

Sundays 12-2 pm in the Youth & Family Gym at Dunigan.

*\* Subject to gym availability and summer youth programming*

### CHECK THE SCHEDULE

Scan the QR Code to look at the most up to date programming calendar!



KIDS POWER CIRCUIT



CHILD WATCH



KIDS' BOXING FITNESS



KID ZONE



KIDS' YOGA

Class schedules, programming and services may change based on local school corporation schedules. Always check the mobile app for the most current information.