

THERE IS A Y IN EVERY FAMILY

July Family Fun Calendar



YMCA of Springfield loves offering monthly family friendly events! All events listed on this calendar are available at no cost for those on a family membership. Descriptions are listed on the back and can be found online—see the QR code above. Online reservations required for all events. All events (except the Youth Fitness class) require families to participate together. Email us at DKuhn@SpringfieldYMCA.org with questions or inquiries!

Downtown location events are in PURPLE, while Kerasotes location events are in GREEN.



					1 Creation Station Youth Fitness Class	2 Family Swim Family Swim	3 Family Yoga Class Family Fitness Challenge Family Swim Parents' Night Out
4 HOLIDAY	5	6 Creation Station	7 Make A Mess-ter-piece	8 Youth Fitness Class	9 Family Swim Family Swim	10 Family Yoga Class Family Fitness Challenge Family Swim Bounce House Bonanza	
11 Family Swim	12	13	14	15 Creation Station Youth Fitness Class	16 Family Swim	17 Family Yoga Class Family Fitness Challenge Parents' Night Out	
18	19	20 Creation Station	21	22 Youth Fitness Class	23 Family Swim Family Swim	24 Family Yoga Class Family Fitness Challenge Family Swim Bounce House Bonanza	
25 Family Swim	26	27 Talk with the Doc! (FB Live event)	28 Make A Mess-ter-Piece	29 Youth Fitness Class	30 Family Swim Family Swim	31 Family Yoga Class Family Fitness Challenge Family Swim Outdoor Movie Night at Camp WKT: Coco	

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Downtown Schedule

Youth Fitness Class: Thursdays: July 1st, 8th, 15th, 22nd, 29th at 4:00pm

High energy workout for our 8-14 year old population in the Youth Gym.

Family Swim Time: Fridays: July 2nd, 9th, 16th, 23rd, 30th from 4:00-7:00pm

The small pool is dedicated for family swim each Friday evening!

**Reservations are not needed for Family Swim Time.*

Family Fitness Challenge: Saturdays: July 10th, 24th at 11:00am.

Bring your "A game" as families compete in challenges in Studio 1.

Creation Station: Tuesday, July 6th at 5:00pm.

Make summertime crafts together as a family in our Cycling Studio.

Family Yoga Class: Saturdays: July 3rd, 17th, 31st at 11:00am.

Bring the entire family to participate in a mindful yoga class in Studio 1.

Parents' Night Out: Saturday, July 17th from 6:00-8:00pm.

Drop off your kids for a night of group games, crafts, dancing, pizza and more!

**Families can participate in one PNO per month. Ages 8 weeks through 12 years.*

Creation Station: Tuesday, July 20th at 5:00pm

Make summertime decorations together as a family in our Cycling Studio.

Talk with the Doc (FACEBOOK LIVE) Tuesday, July 27th

Join Dr. Nicole Florence for at 15 minutes subject talk on Facebook Live — she'll share great information about managing your child's health!

Make a Mess-ter-piece: Wednesday, July 28th at 5:00pm

Join us for a fun outdoor messy craft! You get to make the project and leave the mess with us!

All events will maintain Covid-19 safety protocols, including mask policies and social distancing. One reservation is needed per family per event. Families are welcome to attend activities at both facilities, but families are limited to one Parents' Night Out per month and two Creation Station events per month. Please email us at apark@springfieldYMCA.org with questions, comments or cancellations. Please look out for reminder emails for events you have registered for.

Kerasotes Schedule

Creation Station: Thursday, July 1st at 4:00pm

Make summertime crafts together as a family in our Child Watch room.

Family Swim Time: Fridays: July 2nd, 9th, 23rd, 30th from 4:00-7:00pm

Saturdays, July 3rd, 10th, 24th, 31st from 1:00-4:00pm

Sundays, July 11th, 25th from 9:45am-12:00pm

The recreation pool is dedicated for family swim each Friday night, Saturday afternoon & Sunday morning! **Reservations are not needed for Family Swim Time.*

Family Yoga Class: Saturdays: July 10th, 24th at 11:00am

Bring the entire family to participate in a mindful yoga class in the Multipurpose Room.

Parents' Night Out: Saturday, July 3rd from 6:00-8:00pm.

Drop off your kids for a night of group games, crafts, dancing, pizza and more!

**Families can participate in one PNO per month. Ages 8 weeks through 12 years.*

Make a Mess-ter-piece: Wednesday, July 7th at 4:00pm

Join us for a fun outdoor messy craft! You get to make the project and leave the mess with us!

Family Fitness Challenge: Saturdays: July 3rd, 10th, 31st at 11:00am.

Bring your "A game" as families compete in challenges in the Basketball Court.

Bounce-House Bonanza: Saturdays July 10th, 24th from 12:00-4:00pm.

Reserve the Bounce House for your family to jump for a 30 minute time slot!

Creation Station: Thursday, July 15th at 4:00pm

Make summertime decorations together as a family in our Child Watch room.

Outdoor Movie at Camp Wa-Kon-Tah: "Coco"

Join us Saturday, July 31st for an outdoor family movie night each month on the lawn at camp! Once the sun starts to go down, we'll start the movie. The YMCA will serve popcorn. You are welcome to bring other snacks/drinks & a blanket or lawn chairs!