## YMCA of Greater Kalamazoo at Maple OPEN HOUSE PROGRAM SCHEDULE Saturday, October 9, 2021



### **FITNESS**

Time	Class	Location	Instructor
10:05-10:35	Pound	Tennis Court #2	Ana
10:40-11:10	Pom Squad	Tennis Court #2	Kim
11:15-11:45	Total Body Conditioning	Tennis Court #2	Rebecca

### **TENNIS**

Time	Class	Location	Instructor
1:00-1:30	Adult Intro to Tennis	Court # 4	Brittany
1:35-2:05	Youth Intro to Tennis	Court # 4	Brittany

## **AQUATICS**

Time	Class	Location	Instructor
11:00-2:00	Family Swim	Inst. Pool	Aquatic staff

### **GYM**

Time	Class	Location	Instructor
10:40-11:30	Tae Kwon Do	North Gym	Haider

### **YOUTH AND FITNESS**

Time	Class	Location	Instructor
11:50-12:20	Hip Hop/Jazz	Tennis Court #2	Joy
12:25-12:55	Family Yoga	Tennis Court #2	Joy

### **EARLY LEARNING ROOM**

Time	Class	Location	Instructor
11:00-11:20	Story Time	Classroom	Early Learning staff
12:00-12:20	Story Time	Classroom	Tim Sheldon



### **GAME ROOM**

Time	Class	Location	Instructor
10:00-2:00	Ping-pong challenges	Game room	Teen staff
	Video gaming		
	Foosball		

### YOUTH COMMUNITY ROOM

Time	Class	Location	Instructor
10:00-2:00	Climbing wall	Youth Multi	Teen staff

### **OUTDOORS**

Time	Class	Location	Instructor
10:00-2:00	Gaga Pit	East side of building	James Robinson



FREE FOOD from PJW Creole Cuisine food truck (11am-2pm, while supplies last) when you take a tour of our Maple facility! (Members, obviously, you don't need a tour — just make sure that you pick up your food coupon from the front desk.)

# WE'RE SO GLAD YOU COULD BE WITH US TODAY!

