



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDZ CLUB JANUARY

RON ROSNER FAMILY YMCA

<p>Kidz Club is for members 5-12 years old. Kidz Club follows the same policies as Kidz Corner. Children must be YMCA members and have their own membership card to participate. Parents must remain in the Y while their children participate in Kidz Club. Parents may only sign in their own children.</p> <p>Mondays and Wednesdays We will be in the gym from 5:30-7:30pm. Be sure to wear your sneakers! Participants will engage in high energy physical activities, games, individual and team challenges.</p> <p>Tuesdays and Thursdays We will be in classroom 4 from 5:30-7:30pm. Participants will enjoy arts and crafts, science, cooking games, theme nights and more.</p> <p>Questions Please contact Nikki Guzewicz 540-735-9622 ext. 2045 or eguzewicz@family-ymca.org</p> <p>Come join the fun!!</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				<p>1 Closed Happy New Year!</p>
	<p>5 Obstacle Course Make an obstacle course with your friends!</p>	<p>6 Snow Paint Make a snowy work of art!</p>	<p>7 Fruit Loop Relay Races Help your teammates win the race!</p>	<p>8 Salt and Ice Activity Are you feeling Chilly yet!</p> <p>Y Store</p>
	<p>12 Noodle Hockey A Kids club favorite!</p>	<p>13 Hibernating Bear Craft Make a cute picture with a sleepy bear!</p>	<p>14 Snowball Fight Don't worry about getting to cold we won't be using snow!</p> <p>Y Store</p>	<p>15 Arctic Animals Yoga Let's have some fun with some animal yoga poses!</p>
	<p>19 Sports Wall A fun fast paced game. See if you can beat your high score!</p>	<p>20 Mosaic Mitten Use tissue paper to make a beautiful mosaic mitten!</p> <p>Y Store</p>	<p>21 Soccer Make a goal to help your team win the game!</p>	<p>22 Insta Snow Science Experiment Try different things with fake snow!</p>
	<p>26 Hula Hoops and Jump Ropes Test your skills with these classic games!</p> <p>Y Store</p>	<p>27 Penguin Craft Make a cute little penguin!</p>	<p>28 Basketball Shooting hoops with friends!</p>	<p>29 Transfer The Egg See how penguin parents transfer the egg with a fun game!</p>