

A YMCA Just for Kidz Program

These programs are for YMCA members ages Kindergarten thru 12 years old. These fun filled activities are geared toward getting the body moving while building self-esteem, teamwork, and friendships! Earn Y Bucks to spend at the Y store just for participating and for demonstrating the YMCA core values of Honesty, Respect, Caring, and Responsibility. Please remember that proper footwear (sneakers) must be worn to participate. Many activities will be held outside, weather permitting. You may want to bring water bottles and wear sun screen! Monthly calendars will be available on our Kidz Programs bulletin board located in the Youth hallway.

Come join all the fun!

Please note that the Kidz Club program is part of the Kidz Spot Department and follows the same policies to include but not limited to: Parents must remain in the building while their children are in the program.

Parents may only sign in their OWN children! Bringing other member's children is not allowed.

Children who have signs of illness, as outlined in the Kidz Spot Brochure, must have a doctors note to participate in our program.



Rappahannock Area YMCA

Massad Branch
212 Butler Road
Falmouth, VA 22405
540-371-9622

Spotsylvania Branch
5700 Smith Station Rd
Fredericksburg, VA 22407
540-735-9622

King George Branch
10545 Kings Highway
King George, VA 22485
540-775-9622

E-Mail: www.family-ymca.org

Kidz Club

Be sure to
join us for our

**Evening
Kidz Club
Programs!**

**5:30-7:30PM
Monday—Thursday**

**Rappahannock Area
YMCA
King George Branch**

*We build Strong Kids, Strong
Families, Strong Communities*

What kind of activities are provided ?

This fun filled program is geared toward engaging the whole individual; body and mind!

Many of our activities will be adjusted to fit the children who attend our program nightly. Schedules are made in advance and copies are provided on our bulletin board located in the youth wing hallway.

Don't miss out on the fun!



Tuesdays and Thursdays

in the gym for fun, energetic team games and sports, plus individual challenges. Some activities you can expect are sports such as dodge ball, kickball, volleyball, etc., either in their original form or altered to make it even more challenging and fun. Plus, scavenger hunts and mental challenges that require physical efforts to reach an end goal either individually or as a group.

Sportsmanship, cooperation, and building teamwork are all emphasized.

Appropriate shoes are required.

Mondays

Kidz Club activities are held in our youth classroom and will include fun arts and crafts, science, and cooking projects, plus more...

Wednesdays

Kidz Club is held in our Youth Room. Mind sparking activities will include group dynamics, board game challenges, classroom games, theme nights, and much more!

All games will help foster new friendships, cooperation, teamwork, and FUN!



Caring
Honesty
Responsibility
Respect