

Adapted YMCA Activities for January

America Heartsaver First Aid: Thursday January 7, 6:00 – 7:30pm

Participants will learn basic first aid and emergency skills.

\$20 for members and \$40 for program members

Must be 12 yrs or older

Please register by Tuesday January 5 at 7:00pm. There is an 8 person cap on this class

Healthy Me Make & Take: Friday January 8, 8:00pm

Bring the family and create a healthy meal that you then take home, cook and share together.

Great way to learn about healthy eating and best of all, it's FREE! Just remember to save your spot and register by Thursday January 7 at 12:00pm

Family Yoga: Friday January 8, 7:15 – 8:00 pm in the aerobics room

A slow-paced yoga class focused on stretching, balance, relaxation and rejuvenation.

Must be 6 yrs or older

Free for members and \$10 per program member family

Please register by Wednesday January 6 at 5:00pm

Family Swim: Saturday January 9, 1:30 – 3:00pm

Open swim for the whole family!

FREE for members or \$5 for program member families

Parents Night Out: Friday January 15, 6:00 – 8:00pm

Participants will enjoy a social evening with their peers. Games, music, movies and fun! Snack will be provided.

Must be 5yrs or older

\$15 per child and \$10 per additional child

Please register by Wednesday January 13 at 5:00pm. There is a 16 person cap on this event.

Scavenger Hunt & Family Picnic: Saturday January 23, 11 – 1pm @ Andy Brown East

Come enjoy a scavenger hunt in the park followed by a picnic with friends and family. Please bring a picnic lunch, chairs and blankets. Weather permitting.

All ages welcome

FREE!

Please register by Wednesday January 20 at 5:00pm

Craft Day: Thursday January 28, 4:00 – 5:30pm

Come work on craft projects and socialize with friends.

Must be 8yrs or older

Please register by Tuesday January 26 at 5:00pm. There is a 12 person cap on this class

Eagles Events: January 1,4,5,9,and 15

For more information on these events please visit our website at <http://www.coppellymca.org> or contact Jeff Parker at 972-393-5121 ext 207 or jparker@ymcadallas.org