

# WHAT CAN YOU DO AT THE Y?

A PLACE FOR EVERYONE



**BABY**

- Play with friends in Child Watch while family works out on campus (ages 6 weeks+)
- Have your birthday party on the indoor or outdoor playground, Cottingham Campus pool, or Walhalla City pool
- Splash around in the pool with an adult
- Take Parent-Child swim lessons
- Attend Healthy Kids Day event



**2-6**

Do everything a baby can, plus...

- Join a youth sports league (ages 4+)
- Play with friends at After School Care (4K+)
- Take swim lessons
- Attend day camp (ages 4+)
- Enjoy events like Pool Easter Egg Hunt and Turkey Trot Kids Dash
- Have fun with friends at Parents' Night Out (ages 4+)



**7-13**

Do everything a 2-6 year old can, plus...

- Try out for the swim team
- Use cardio equipment after a Kids Cardio session (ages 10+)
- Attend a group exercise class with an adult if there are no use of free weights (ages 10+)
- Hang out in the Zone without supervision (ages 13+)
- Use strength equipment after TeenQuest (ages 12+)
- Come to the Y without an adult (13)



**14+**

- Participate in the Counselor in Training program at Summer Camp
- Come to the Y without an adult
- Have full access to the fitness floor (ages 15+)
- Earn First Aid / CPR certificates to become a certified lifeguard (ages 15+)
- Use free weights after completing training sessions with a personal trainer
- Enjoy the Hiking program with an adult



**ADULT /  
SENIOR**

- Enjoy group ex classes like yoga, Zumba, and cycling
- Develop a workout plan with a wellness staff
- Volunteer
- Participate in a community health program
- Join fun challenges like Idle Ironman and Fitness Trivia
- Participate in events like Senior Wellness Expo
- Join the Masters Swim team
- Enjoy a cup of coffee in the lobby with friends



**FAMILY**

- Drop off the kids at Child Watch and enjoy your workout
- Grab a partner and take Partner Personal Training sessions
- Splash around the pool with the kids or enjoy a game of ping pong in the Zone
- Attend family-friendly events like Healthy Kids Day and Turkey Trot
- Sign the kids up for Parents' Night Out and enjoy some adult time