

2019 Summer PROGRAMMING at The Wyckoff Family YMCA

Jun. 4 - Aug. 1 *No Class July 2 and July 4

TUESDAY: 6/4, 6/11, 6/18, 6/25, 7/9, 7/16, 7/23, 7/30

LET'S MOVE: 5:45 - 6:30pm

Develop coordination, strength, and body awareness through dance, fitness, and skill games!

Full Member: \$100 / Program Member: \$110



HEALTHY MEAL PLANNING: 6:30 - 8pm

Learn basic nutrition through meal planning, prepping, and cooking. Create your favorite meals in a healthy way!

Full Member: \$110 / Program Member: \$120



THURSDAY: 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1

SPECTRA YOGA: 5:45 - 6:30pm

Learn postures and meditative techniques to quiet the mind, strengthen the body, and uplift the spirit.

Full Member: \$100 / Program Member: \$110



LET'S RE-CONNECT: 6:30 - 8:30pm

Learn social skills including how to make introductions, how to join a conversation, and active listening. Participate in group decision making for field trips and activities.

Full Member: \$120 / Program Member: \$130

TO REGISTER Contact: ChrisE@wyckoffymca.org

For Budget and Billing Inquiries: MaryW@wyckoffymca.org

