



## EVENTS AND FAMILY ACTIVITIES

### **FAMILY ACTIVITIES FOR MEMBERS**

#### **FAMILY FUN CENTER (AGES 9 AND UNDER) (APY)**

The Family Fun Center is a perfect play area for YMCA members 9 years and under at the Appleton YMCA. Youth 7 years old and under must be with a parent or guardian. Features include a sport arena with basketball & soccer, tree fort, adventure maze with obstacles, climbing ropes, slides and more. Another attraction included is a toddler soft play toddler area.

#### **Family Open Time:**

- M-TH – 2:30 PM-9:00 PM
- F - 2:30 PM-8:00 PM
- SATURDAY and SUNDAY - 8:00 AM-5:00 PM

#### **FAMILY FUN CENTER (AGES 9 YEARS AND UNDER) (HVY)**

The Family Fun Center is an area exclusive to YMCA of the Fox Cities members. It is a supervised area for youth up to 9 years of age. Youth 7 years old and under must be with a parent or guardian. It includes a play structure, table activities, rock wall, and more! Socks are required for all participants.

#### **Family Open Time:**

- M-F - 9:30 AM-NOON
- M-TH - 4:00 PM-7:00 PM
- SATURDAY - 9:00 AM-3:00 PM
- SUNDAY - 11:00 AM-2:00 PM

Note: Please scan your Y membership card with Family Fun Center attendant at the Heart of the Valley Y.

#### **ADVENTURE ALLEY – NEW (AGES 9 YEARS AND UNDER) (NMY)**

Adventure Alley is a fun play area for youth up to 9 years old, featuring a Play Maze, Lego Ledge, and Coloring Area. Children 7 years and under must be accompanied by a parent or guardian. Socks are required for the Play Maze.

Starting January 5, Adventure Alley will have expanded hours. Weekend hours will stay the same. Staff will be available Monday–Friday from 4:00–7:00 PM for assistance, but outside of these times, the area will remain open for play without direct supervision.

#### **Family Open Time:**

- M-F – 5:00 AM-2:00 PM, 3:30 PM-7:00PM
- SATURDAY – 8:00 AM-NOON
- SUNDAY – 12:00 PM-3:00 PM

### **FRIDAY NIGHT OUT (NMY)**

Parents take the night off! Our teachers will provide an exciting night for your child, while you enjoy an evening out. Children will love the wide variety of age-appropriate activities.

Fridays, 5:00-8:00 PM – March 20 and April 17

**Fee: Y Member \$20                      General Public \$25**

### **YOUTH NIGHTS (GRADE 2-6) (FWY)**

Youth and Teen Nights at the Y provide kids with a safe place to hang out with and be active. Get a group of friends together or come by yourself and meet new friends! Join us for music, basketball, dodgeball, swimming, arts & crafts, food and best of all FUN! More specific details located at [ymcafoxcities.org](http://ymcafoxcities.org).

Saturdays 6:00-8:30 PM - February 14 and March 21

**Fee: Y Member \$5                      General Public \$10**

\*Pre-registration is required.

### **FOX CITIES FIT CHALLENGE (APY)**

Put your fitness to the test as you push your limits in this unique fitness challenge where you compete against yourself to conquer 10 fitness exercises (Zones) & (6) short run intervals, totaling 1-mile. Each Fit Challenge Zone will provide a well-rounded functional test for all fitness levels. Each finisher receives a t-shirt and goodie bag.

Saturday, April 11 - 8:00 AM

**Fee: Y Member \$25                      General Public \$25**