



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YOUTH PROGRAMS

## CANSLER FAMILY YMCA

**Free programs for Y Members; no registration required:**

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Child Watch</b> (ages 6 weeks to 12 years)	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm	9am-12pm
<b>Aqua Fit for Kids</b> (ages 5-12)			5:45pm- 6:30pm			
<b>Youth Fitness</b> (ages 5-12)	6-6:45pm					

**Paid programs for Y Members & guests; inquire at front desk for registration:**

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Creative Movement</b>		9:45-10:30am (ages 2-5)	4:15-5pm (ages 5-8) 5:15-6pm (ages 8-12)			
<b>Group Swim Lessons</b> (ages 6 months- 17 years)		4-6pm	4-6pm	4-6pm		8:30-11am
<b>Homeschool PE</b> (ages 5-12)	12:30- 2:30pm			12:30- 2:30pm		
<b>TTJC Martial Arts</b> (all ages)	5:30-7:30pm			5:30-7:30pm		
<b>Soccer Shots</b>			5-5:30pm (ages 2-3) 5:30-6pm (ages 3-5)			9-9:30am (ages 3-5) 9:30-10am (ages 2-3) 10-10:30am (ages 2-3)

**Look for Open Swim/Family Swim and Open Gym times on our pool and gym schedules.  
 Download our mobile app for additional schedules.**

**CANSLER FAMILY YMCA**

616 Jessamine St. Knoxville, TN 37917

P 865 637 9622

W [www.ymca-knoxville.org](http://www.ymca-knoxville.org)