



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
Child Watch (ages 6 wks - 12 yrs)	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm 5pm-8pm	9am-12pm	9am-12pm
Aqua Fit for Kids (ages 5-12)			5:45pm- 6:30pm			
Youth Fitness (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
Creative Movement		9:45-10:30am (ages 2-5)	4:15-5pm (ages 5-8) 5:15-6pm (ages 8-12)			
Shake, Rattle, & Rollie Pollie (ages 2-3)		10:40- 11:10am				
Tumble Bugs (ages 3-5)				9:45- 10:30am		
My Shadow & Me Dance (Adult + Child)						10-10:45am (ages 2-5) 11-11:45 (ages 6-12)
Swim Lessons (ages 6 mo - 17 yrs)	4-6pm	4-6pm	4-6pm	4-6pm		8:30-11am
Homeschool PE (ages 5-12)	12:30- 2:30pm			12:30- 2:30pm		
TTJC Martial Arts (all ages)	5:30-7:30pm			5:30-7:30pm		
Soccer Shots						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