



YOUTH PROGRAMS

PILOT FAMILY Y

Free Programs for Y Members; no registration is required

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child Watch (ages 6wks-12yrs)	7:45-1pm 4-8pm	7:45-1pm 4-8pm	7:45-1pm 4-8pm	7:45pm-1pm 4-8pm	7:45-1pm 4-8pm	8-12pm	1-4pm
Youth Fitness	Kids Yoga 4pm				Family Basketball 5-7pm	Family Basketball 1-3pm	
Open/Family Swim	9:30-12pm 2-4pm 7-8:30pm	8:30-12pm 1:30-4pm	9:30-12pm 2-4pm	8:30-12pm 1:30-4pm	9:30-12pm 2-8:30pm	1-5:30pm	1-5:30pm

YMCA Paid Programming; inquire at front desk for registration

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home School PE (ages 5-12)		10-12pm		10-12pm			
Group Swim Lessons	3-7pm	4-7pm	3-6:30pm	4-6pm		8:45-1pm	
Swim Clinic		6-8pm		6-8pm			

Paid Programming by Community Partners – All take place in the Youth Development Center

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Knight School Chess Club		12:30-1:45pm					
TTJC Martial Arts (all ages)		5-7pm		5-7pm		10-12pm	
Yoga Stars with Stretch-n- Grow	10-10:45am (ages 2.5-5) 11-11:45am (ages 6-10)						
All Star Gymnastics	5-5:45pm (ages 2.5-5) 6-6:45pm (ages 6-10)				10-10:45am (ages 2.5-5) 11-11:45am (ages 6-10)		

To register for YMCA Programs, visit ymcaknoxville.org/register

To register for community partner-run programs, visit:

- Stretch-n-Grow of East Tennessee: sng-easttn.com
- The Knight School Chess: tksknoxville.jumbula.com
- TTJC Martial Arts: defenseking.com or 865-777-BEST