



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TENNOVA FAMILY YMCA

## YOUTH PROGRAMS SCHEDULE

October 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*Open Gym</b>	5:00am-10:00am 3:00pm-10:00pm	5:00am-10:00am 1:30pm-6:00pm	5:00am-10:00am 3:00pm-10:00pm	5:00am-10:00am 1:30pm-6:00pm	5:00am-10:00am 3:00pm-10:00pm	12:00pm-6:00pm	12:00pm-6:00pm
<b>*Open/Family Swim</b>	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-8:30pm	12:00pm-5:30pm	1:00pm-5:30pm
<b>Rockwall</b>	8:00am-12:00pm 4:00pm-8:00pm	4:00pm-8:00pm		8:00am-12:00pm 4:00pm-8:00pm	4:00pm-8:00pm		
<b>Child watch</b>	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm	8:00am-12:00pm	
<b>HSPE</b>		12:30pm-2:30pm		12:30pm-2:30pm			
<b>Teen Fit/"I Can Teen Fit"</b>	4:00pm-4:30pm	5:00pm-5:45pm		5:00pm-5:45pm			
<b>Creative Movement</b>			4:00pm-4:45pm 5:00pm-5:45pm		10:00am-10:45am		
<b>TTJC Martial Arts</b>	5:00pm-7:00pm						
<b>Knight School</b>				4:45pm-6:00pm			
<b>Lego Club</b>		5:30pm-7:30pm					

**\*Schedule subject to change due to rentals and group exercise classes**

**\*\*Movie Night 10/17 Hotel Transylvania- Conference Room**

**\*\* Trunk or Treat 10/28**

**TENNOVA FAMILY YMCA**

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