



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAMPLER WEEK SCHEDULE

APPLETON YMCA

January 2-8, 2011

Adult Department

Social Ballroom Dance Thursday, January 5 - 6:30 p.m. in the Appleton Papers Gym
Introduction to Belly Dance Tuesday, January 3 - 6:30 p.m. in the Women's Fitness Center

Sports Department

Tae Kwon Do Wednesday, January 4th 5:30-6:30 p.m.
Sport and Play/Turbo Tumbling (Ages 3-5) Tuesday, January 3 - 9:00-10:00 a.m.
Sports Sampler/Little Hoopsters-Basketball (Ages 4-6) Wednesday, January 4 - 10:00-11:00 a.m.
Parent/Child All Sports (Ages 3-4) Thursday, January 5-6:00-6:45 p.m.

Growth & Development

Discoverers 1 (Age 2) Tuesday, January 3 - 9:00-9:45 a.m.
Discoverers II (Ages 2 to 3) Tuesday, January 3 - 10:00-11:00 a.m.
Discoverers III (Ages 2 to 3) Tuesday, January 3 - 10:00-11:45 a.m.
ABC Funtastics (Ages 3 to 4) Wednesday, January 4 - 9:00-10:00 a.m.
Rhythm & Rhymes (Ages 2 to 4) Wednesday, January 4 - 10:00-11:00 a.m.
Fairy Tale Favorites (Ages 3 to 5) Wednesday, January 4 - 12:00-1:00 p.m.
Scribbles & Dribbles (1 to 3 w/Parent) Thursday, January 5 - 9:00-10:00 a.m.
Cook & Climb (Ages 3 to 5) Thursday, January 5 - 9:00-10:00 a.m.
Little Chefs (Ages 2 to 3) Thursday, January 5 - 10:00-11:00 a.m.

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that help build a healthy spirit, mind and body for all.