



SOMETHING FOR EVERYONE

AT THE GLENDALE/PEORIA FAMILY YMCA

AGES 0-4

- **AMAZING KIDS** (3months+)
- Parents Night Out
- Parent/Child Swim Lessons & Preschool Swim Lessons
- Itty Bitty Sports (Pre-K Basketball & Soccer)

AGES 5-7

- **AMAZING KIDS** Mon.-Thurs. 8a-12p & 4p-8p / Fri. 4p-7p / Sat. 8a-1p/ Sun. CLOSED
- Youth Sports (basketball, volleyball, soccer and wrestling coming soon!)
- Dance Programs
- Before & After School Programs/ Camp Programs (i.e. spring, summer, winter and etc.)
- Swim Lessons / Swim Team
- Parents Night
- Volunteering

AGES 8-11

- **The CLUB (8-11)** Mon.-Fri. 5-7p / Sat. 9a-12p / Sun. CLOSED
- Youth Sports (basketball & volleyball and wrestling coming soon!)
- Dance Programs
- Before & After School Programs/ Camp Programs (i.e. spring, summer, winter and etc.)
- Swim Lessons / Swim Team
- Parents Night Out
- Volunteering

AGES 12-17

- **Teen Memberships**
- Group Exercise/ Fitness/ Personal Training
- Recreational & Competitive Sports (basketball & volleyball)
- Swim Team & Open Swim
- Social Action Programs (i.e. Teen Leadership, Youth & Government, Jr. Lifeguarding, Babysitting, etc.)
- Volunteering

AGES 18-27

- **Young Adult Memberships**
- Group Exercise/ Fitness/ Personal Training
- Aquatics – fitness, lap & stroke clinics
- Group Exercise Programs and Fitness Center
- Open Gym / Basketball & Volleyball Leagues/ Pickle ball
- Ballroom Dancing
- Volunteering

AGES 28-64

- **Adult, Couple & Family Memberships**
- Aquatics – fitness, lap & stroke clinics
- Group Exercise/ Fitness/ Personal Training
- Open Gym/ Basketball & Volleyball Leagues/ Pickle ball
- Ballroom Dancing
- Volunteering

AGES 65+

- **Adult, Couple, Family, Insurance Based Memberships**
- Aquatics – fitness, lap & stroke clinics
- Group Exercise/ Fitness/ Personal Training (including Active Older Adult classes and activities)
- Open Gym/ Basketball & Volleyball Leagues/ Pickle ball
- Ballroom Dance
- Volunteering

valleyYMCA.org/branch

For a better us. The Valley of the Sun is a 503(c)(3) Nonprofit Organization.