

It's for me!



# Youth Wellness

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA  
1201 Cumberland Crossing Drive  
Valparaiso, IN 46383

Phone: 219.462.4185  
FAX: 219.477.4720

[www.valpoyymca.org](http://www.valpoyymca.org)

## Youth Wellness Room Schedule for Spring Break Week- March 22 - 28, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:30 pm 10 and up	8:00 - 8:30 pm 10 and up	8:00 - 8:30 am 10 and up	8:00 - 8:30 pm 10 and up	8:00 - 8:30 am 10 and up	7:00 - 8:30 am 10 and up
8:30 - 10:30 am Ages 6-13 Supervised	8:30 - 10:30 am Ages 6-13 Supervised	8:30 - 10:30 am Ages 6-13 Supervised	8:30 - 10:30 am Ages 6-13 Supervised	8:30 - 10:30 am Ages 6-13 Supervised	8:30 - 10:30 am Ages 6-13 Supervised
11:00 - 1:00 pm Room Reserved for BNB		10:30 - 11:30 am Room Reserved for CC		11:00 - 1:00 pm Room Reserved for BNB	10:30 - 5:30 pm 10 and up
1:00 - 4:00 pm 10 and up		11:30 - 1:00 Room Reserved for BNB		1:00 - 4:00 pm 10 and up	
		1:00 - 4:00 pm 10 and up			
4:00 - 4:30 pm Room Reserved for CC		4:00 - 4:30 pm Room Reserved for CC		4:00 - 4:30 pm Room Reserved for CC	ROOM CLOSES AT 5:30 PM
4:30 - 7:30 pm Ages 6-13 Supervised	4:30 - 7:30 pm Ages 6-13 Supervised	4:30 - 7:30 pm Ages 6-13 Supervised	4:30 - 7:30 pm Ages 6-13 Supervised	4:30 - 7:30 pm Ages 6-13 Supervised	<b>Sunday</b> 1:00 - 5:30 pm 10 and up
7:30 - 8:30 pm 10 and up	7:30 - 8:30 pm 10 and up	7:30 - 8:30 pm 10 and up	7:30 - 8:30 pm 10 and up	7:30 - 9:30 pm 10 and up	
ROOM CLOSSES AT 8:30 PM	ROOM CLOSSES AT 8:30 PM	ROOM CLOSSES AT 8:30 PM	ROOM CLOSSES AT 8:30 PM	ROOM CLOSSES AT 9:30 PM	ROOM CLOSES AT 5:30 PM

**Procedures for 6-13 year olds:**

- Children ages 6-9 must be signed in and out by a parent. Children must stay in the Youth Wellness Center until picked up by parent or guardian.
- Parents of ages 6-9 year olds need to take your children to the restrooms before coming to the Youth Wellness Center.
- All Wii games, I-Dance and Bikes will be in use at these times.
- A staff member will be supervising during these times.

**Procedures for ages 10 years and up, under age 10 (with parent):**

- Parents must be in the Youth Wellness Center with children under the ages of 10.
- Wii sports games and expresso bikes only. No I-Dance or Wii fit.

**Procedures for Don't Dis Fitness (DDF), Boomers and Beyond (BNB), Child Care (CC) and Child Watch (CW):**

- Only specified groups are allowed in Youth Wellness Center during designated times.

**General Policies**

- 1 hour time limit
- Maximum of 15 children allowed in Youth Wellness Center.
- No gum, candy, food or drinks allowed in the Youth Wellness Center.
- No shoes allowed, children must wear socks in the Youth Wellness Center.

**Our Mission**

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.