



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# KIDZ CLUB JULY

RON ROSNER FAMILY YMCA

**Kidz Club** is for members 5-12 years old. Kidz Club follows the same policies as Kidz Corner. Children must be YMCA members and have their own membership card to participate. Parents must remain in the Y while their children participate in Kidz Club. Parents may only sign in their own children.

**Mondays and Wednesdays**  
 We will be in the gym from 5:00-7:30pm. Be sure to wear your sneakers! Participants will engage in high energy physical activities, games, and individual and team challenges.

**Tuesdays and Thursdays**  
 We will be in classroom 5 from 5:00-7:30pm. Participants will enjoy arts and crafts, science, cooking games, theme nights and more.

**Questions**  
 Please contact Nikki Guzewicz 540-735-9622 ext. 2045 or [eguzewicz@family-ymca.org](mailto:eguzewicz@family-ymca.org)

**Come join the fun!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> <b>Friendship Bracelet</b> Make a bracelet for you and a friend!	<b>2</b> <b>Noodle Hockey</b> A kid's club favorite!	<b>3</b> <b>Water Beads</b> A cool sensory experience!
<b>7</b> <b>Kidz Choice</b> The kids choose tonight!	<b>8</b> <b>Rock Painting</b> Paint a rock to hide or keep!	<b>9</b> <b>Playground</b> We will meet at the playground! Please bring a water bottle.	<b>10</b> <b>Minute to Win it</b> You have a minute to complete the challenge!
<b>14</b> <b>Playground</b> We will meet at the playground! Please bring a water bottle.	<b>15</b> <b>Watercolor Painting</b> Paint a masterpiece!	<b>16</b> <b>Kidz Choice</b> The kids choose what to do tonight!	<b>27</b> <b>Play dough</b> Mold a cool creation!
<b>21</b> <b>Parachute</b> Use our giant parachute to play a variety of games!	<b>22</b> <b>Foam paint</b> Make a puffy painting!	<b>23</b> <b>Playground</b> We will meet at the playground! Please bring a water bottle.	<b>24</b> <b>Kidz Choice</b> Use the art supplies to make your own creation!
<b>28</b> <b>Playground</b> We will meet at the playground! Please bring a water bottle.	<b>29</b> <b>Fuse Beads</b>	<b>30</b> <b>Obstacle course</b> Help create an obstacle course!	<b>31</b> <b>Rock Painting</b> <b>Paint a cool rock!</b>