

## TWEEN TIME

- Enhanced Youth  
Watch programs to  
better serve our  
members.
- Fun sports and fitness  
activities specifically  
designed for youth  
ages 6 to 12.
- If you are interested  
in volunteering please  
contact Sharon at:  
757-365-4060 or  
sharon.joyce@  
peninsulaymca.org



YMCA  
We build strong kids,  
strong families, strong communities.



# TWEEN



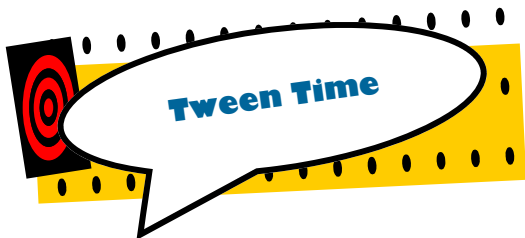
TWEEN TIME

**NEW!**  
**Enhanced  
Activities  
for Youth**



Luter Family YMCA  
259 James Street  
Smithfield, VA  
23430

757.365.4060



## Tween Time

Tween Time will include a variety of sports, fitness, and Arts and Crafts Activities:

- Calisthenics
- Indoor/Outdoor Soccer
- T-Ball
- Field Hockey
- Lacrosse
- Group Exercise
- Dodge ball
- Jump Rope
- Kick ball
- Flag Football
- Basketball
- Painting
- Quilting
- Jewelry Making
- Origami

Do you have a talent you can share with our youth? Contact Sharon at 365-4060 or Sharon.joyce@peninsulaymca.org

## Sample Schedule:

TIME	5-6 pm	6-7 pm	7-8 pm
DAY			
MON	Tee Ball	Relay Races	Calisthenics
TUE	Outdoor Soccer	Tee Ball	Dodge Ball
WED	Tee Ball	Relay Races	Calisthenic
THR	Outdoor Soccer	Tee Ball	Dodge Ball

## Sample Weekend Schedule:

TIME	8-9 am	9-10 am	10-11 am
DAY			
SAT	Arts & Crafts	Arts & Crafts	Arts & Crafts

## Luter Family YMCA

259 James Street  
 Smithfield, VA 23430  
[www.peninsulaymca.org](http://www.peninsulaymca.org)  
 757.365.4060