



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALUE YOUR FAMILY MEMBERSHIP



SUNDAY FAMILY FUN DAYS AND SO MUCH MORE! MALDEN YMCA

Being a Malden YMCA Family just got better. Starting this January, your Family Membership includes amazing **FREE** benefits!

- **Sunday Family Fun Days** you can enjoy an updated **Family Zone** with structured activities and play time, **4 hours** of designated **Family Gym time**, expanded **Open Family Swim**, once a month **family fitness** (i.e. Family Zumba), and use of a family gathering space.
- Send your child(ren) to **Parents Night Out** for **FREE** in February, March and April. That is an incredible value not including what you would save on a babysitter.
- Continue to enjoy **Child Watch** Monday—Saturdays, **FREE** with your family membership. Your child(ren) plays with YMCA staff, while you enjoy classes, workouts, or swim.

SUNDAY FUNDAY SAMPLE SCHEDULE, FREE WITH FAMILY MEMBERSHIP

TIME	ACTIVITY	LOCATION	ADDITIONAL INFORMATION
9:45 am—1:00 pm	Family Zone Play Time	Kids Zone/Child Watch	Parents must stay with their children. Geared to ages 7 and under.
11:00 am—12:00 pm	Rotating weekly activities including music, Storytime, crafts, and more	Kids Zone/Child Watch	Parents must stay with their children. Geared to ages 7 and under.
10:00 am—2:00 pm	Open Family Gym	Gym side 1	Parents must stay with their children Side 1 is the far side of the gym
1:45 pm—3:30 pm	Open Family Swim	Therapy Pool	Parents must stay with their children Max 50 people in the pool at a time
9:00 AM—4:00 PM	Family gathering time in Multipurpose room	Room 22, or alternately designated multi-purpose location	Parents must stay with their children. The space will be open for parents to utilize with their children for snack (nut free) or other activities.