

PRIME TIME:

Children must be checked into Child Watch to participate and must have sneakers to play in Gym activities. SK: Strong Kids Room

FAMILY FUN NIGHT, 6-8 pm:

Join us for a fun-filled Family Board Game Night at the Northwest YMCA! Bring your favorite board games or try something new from our collection. Doors open at 6 pm, all ages are welcome—bring your competitive spirit and teamwork! Come enjoy a night of friendly competition, laughter, and quality time with the whole family!

PARENTS TIME OFF, 5:30–7:30 pm:

Parents Time Off is a fun evening for the kids, so parents can have a few hours to themselves. Includes swimming, pizza, and fun games for the kids, so don't forget the swimsuit and towel! Registration required at the front desk or online! \$25 for the first child, \$15 for additional children.

QUESTIONS?

Contact: Kelsey VanDerMeid Staff Associate, YMCA Northwest Family YMCA 730 Long Pond Road, Rochester NY 14612 Direct: (585) 723–5470 Kelsey.VanDerMeid@RochesterYMCA.org

