

# BE OUR GUEST

TRY OUT A FREE CLASS OR PROGRAM  
AT THE KIRK FAMILY YMCA!

## WEDNESDAY, SEPTEMBER 24

STROLLER FIT CLASS  
9:30-10:30 AM

COMBO DANCE I/II (ages 5-7)  
5:45-6:30 PM

BEGINNER HIP HOP (ages 6-10)  
6:45-7:30 PM

## MONDAY, SEPTEMBER 29

STROLLER FIT CLASS  
9:30-10:30 AM

## TUESDAY, SEPTEMBER 30

OUTDOOR BOOT CAMP (ages 16+)  
8:00-9:00 AM

HOMESCHOOL FITNESS (ages 5-16)  
1:00-2:30 PM

## THURSDAY, SEPTEMBER 25

OUTDOOR BOOT CAMP (ages 16+)  
8:00-9:00 AM

HOMESCHOOL FITNESS (ages 5-16)  
1:00-2:30 PM

## SATURDAY, SEPTEMBER 27

PRESCHOOL SOCCER (ages 3-4)  
9:00-10:00 AM

YOUTH SOCCER (ages 5-7)  
10:00-11:00 AM

PRESCHOOL COMBO DANCE (ages 3-4)  
9:15-9:45 AM

BEGINNER COMBO DANCE (ages 5-7)  
9:45-10:45 AM

**Limited Availability!**  
Please register at the  
Welcome Desk or give us  
a call at 540-342-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY