



# Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-9622 [www.ymcaofdouglascounty.org](http://www.ymcaofdouglascounty.org)

*"We build strong kids, strong families, strong communities."*

## Giggles & Wiggles (ages 8 wks - 3 yrs)

A place for creative music, dance and play for children ages 8 weeks through 3 years. Parents and children participate together. Multi purpose room

Tuesday	10:15 - 11:00 am
50901 September 7 - 28	\$12 M/\$24 CM
51001 October 5 - 26	\$12 M/\$24 CM
51101 November 2 - 30	\$15 M/\$30 CM
51201 December 7 - 21	\$ 9 M/\$18 CM

Thursday	10:15 - 11:00 am
50902 September 23 - 30	\$ 6 M/\$12 CM
51002 October 7 - 28	\$12 M/\$24 CM
51102 November 4 - 18	\$ 9 M/\$18 CM
51202 December 2 - 23	\$15 M/\$30 CM

## Bug Squad (ages 3-5)

Physical activities for small children age 3-5 using "CATCH" curriculum. "Bug Squad" reinforces core values thru non-competitive games and skills. Youth Gym

Thursday	10:05 - 11:05 am
50904 September 9 - 30	\$ 12 M/\$24 CM
51004 October 7 - 28	\$ 12 M/\$24 CM
51104 November 4 - 18	\$ 9 M/\$18 CM
51204 December 2 - 16	\$ 9 M/\$18 CM

## Hop, Skip & Jump (ages 3 - 5)

A fun time of co-operation games, motor skill activities and crafts. Your child will learn fun ways to be fit. Party Room & Big Gym #3.

Monday	9:00 - 10:00 am
50905 September 13 - 27	\$ 9 M/\$18 CM
51005 October 4 - 25	\$ 12 M/\$24 CM
51105 November 1 - 29	\$ 15 M/\$30 CM
51205 December 6 - 29	\$ 12 M/\$24 CM

Wednesday	9:00 - 10:00 am
50906 September 8 - 29	\$ 12 M/\$24 CM
51006 October 6 - 27	\$ 12 M/\$24 CM
51106 November 3 - 17	\$ 9 M/\$18 CM
51206 December 1 - 22	\$ 12 M/\$24 CM

## Introduction to Dance (ages 4-6)

An introduction to basic concepts of classic and ethnic dances and exploring creative movement.

For more information on YMCA Youth Fitness Programs:

- \* Evening Giggles & Wiggles
- \* Introduction to Dance

Look for flyers in the Y lobby or contact Patience Adams, Family Services Director @ 541-440-9622 ext 209

## Grandparents Raising Children SUPPORT GROUP

Come to meet with other grandparents and discuss challenges and rewards of raising children again.

September 1	October 5
November 2	December 1

Tuesday 6:00 - 7:00 pm  
FREE to community  
Meets in YMCA conference room  
Childcare provided.



## Family Fun Zone (ages 8-12)

Interactive Sports Wall, Rock Climbing Wall, Dodgeball and more

Monday - Thursday 4:00 - 8:00 pm

4:00 - 5:00 pm	Free Play
5:00 - 7:00 pm	Structured Play
7:00 - 8:00 pm	Free Play

(If there are more than four children during free play, we organize structured play for safety concerns.)

Free to Members/\$2 per child CM

## Indoor Park "Family Play Group"

To serve as a parent support group, and provide a safe and clean play environment. Make new friends, build relationships and socialize. Big Gym Court #3

Friday ONLY 9:00 - 11:00 am

Fee: FREE to Members  
\$2.<sup>50</sup> per child/\$5 per family CM  
Parents must participate.

## Celebrate your Birthday

at the YMCA with  
Fun Zone & Pool Party  
Packages.

Ask about themed parties.

For more information,  
contact Chelly  
@ 541- 679-1501 or  
[danchelly96@gmail.com](mailto:danchelly96@gmail.com)



M - Member

CM - Community Member  
Financial Assistance  
available for all programs

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