



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kids Gym & iZone

Evenings at the Y are filled with activities for youth who want to enjoy fitness and other group activities while their parents work out. Kids Gym focuses on nutrition education and cardiovascular training while playing games and planned physical activities at the Y. Bring a water bottle to class and be sure to dress ready to exercise in comfortable clothes and athletic shoes.

## Ages

Boys & Girls, ages 6-12

## When

Mondays & Wednesdays  
6:00-7:00pm  
City Center Branch  
Gymnasium

## What

All iZone participants will be Participating in Fit Kids at the City Center YMCA.



## How

10 minutes prior to Kids Gym the iZone will close and those kids signed into iZone will be guided to the gym to participate in Kids Gym. As a parent, you can either sign your child into iZone at least 10 minutes prior to the class, or meet the iZone staff member in the Gym to sign in. If you need to sign your child out before the end of the class, you can do so by coming to Kids Gym.

## Contact:

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### LANCASTER FAMILY YMCA

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-283-1984  
lancasterymca.org

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
Fax: 717-283-1988  
lancasterymca.org

**YMCA at New Holland**  
123 North Shirk Road  
New Holland, PA 17557  
Phone: 717-354-4747  
Fax: 717-355-9943  
lancasterymca.org

**YMCA Camp Shand**  
20 Penryn Lane, PO Box 339  
Cornwall, PA 17016  
Phone: 717-272-8001  
Fax: 717-272-2633  
lancasterymca.org