

December 2021

BFYMCA- Bennington Youth Programs Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOVEMBER 29</p> <p>Flag Football 3:30-4:30 Youth Strength & Conditioning 4:30-5:30 Advanced Baseball Skills & Drills 5:30-7:00</p>	<p>NOVEMBER 30</p> <p>Track (MAU) Swim lessons* 4:00-5:00</p>	<p>1</p> <p>Tumbling Tots Playgroup 10:30-11:30 Swim lessons* 4:00-6:00 Advanced Baseball 5:30-7:00</p>	<p>2</p> <p>Toddler Gym & Swim at Rec 10-12 Track (MAU) Gym & Games 4:45-5:30</p>	<p>3</p> <p>Track (MAU) Kids Night Out 5:30-8:00</p>	<p>4</p> <p>Swim lessons* 12-1</p>
<p>6</p> <p>Flag Football 3:30-4:30 Youth Strength & Conditioning 4:30-5:30 Advanced Baseball Skills & Drills 5:30-7:00</p>	<p>7</p> <p>Track (MAU) Swim lessons* 4:00-5:00</p>	<p>8</p> <p>Tumbling Tots Playgroup 10:30-11:30 Swim lessons* 4:00-6:00 Advanced Baseball 5:30-7:00</p>	<p>9</p> <p>Toddler Gym & Swim at Rec 10-12 KIDS DAY OUT: Half-Day Care 12-5:30 Track (MAU) Gym & Games 4:45-5:30</p>	<p>10</p> <p>Open Gym 3-4 Field Hockey Skills & Drills 4:30-5:30 KIDS DAY OUT: Half-Day Care 12-5:30 Kids Night Out 5:30-8:00</p>	<p>11</p> <p>Swim lessons* 12-1</p>
<p>13</p> <p>Flag Football 3:30-4:30 Youth Strength & Conditioning 4:30-5:30 Advanced Baseball Skills & Drills 5:30-7:00</p>	<p>14</p> <p>Track (MAU) Indoor Rec Baseball 4-5</p>	<p>15</p> <p>Tumbling Tots Playgroup 10:30-11:30 Open Gym 3-5 Advanced Baseball 5:30-7:00</p>	<p>16</p> <p>Toddler Gym & Swim at Rec 10-12 Track (MAU) Gym & Games 4:45-5:30</p>	<p>17</p> <p>Track (MAU) Field Hockey Skills & Drills 4:30-5:30 Kids Night Out 5:30-8:00</p>	<p>18</p> <p>SANTA SWIM SPECIAL EVENT 12-2</p>
<p>20</p> <p>Flag Football 3:30-4:30 Youth Strength & Conditioning 4:30-5:30 Advanced Baseball Skills & Drills 5:30-7:00</p>	<p>21</p> <p>Track (MAU) Indoor Rec Baseball 4-5</p>	<p>22</p> <p>Tumbling Tots Playgroup 10:30-11:30</p>	<p>23</p> <p>Gym & Games 4:45-5:30</p>	<p>24</p> <p>No programs today for holiday. Rec closes at 12 pm</p>	<p>25</p> <p>Christmas Holiday – No programs today! Rec Closed</p>
<p>27</p> <p>Winter Break Camp 8-4 Pop up offerings – watch FB & email for info!</p>	<p>28</p> <p>Winter Break Camp 8-4 Pop up offerings – watch FB & email for info!</p>	<p>29</p> <p>Winter Break Camp 8-4 Pop up offerings – watch FB & email for info!</p>	<p>30</p> <p>Winter Break Camp 8-4 Pop up offerings – watch FB & email for info!</p>	<p>31</p> <p>STAY TUNED TO SPECIAL NEW YEARS EVE EVENT!</p>	<p>JANUARY 1</p> <p>No programs today for holiday. Rec closed. Last revised 11/18</p>

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Location Addresses

SPORTS CENTER:
230 School St, Benn.
REC CENTER:
655 Gage St, Benn.
OTHER:
See description for details

*** PLEASE NOTE THAT MOST PROGRAMS REQUIRE PRE-REGISTRATION. This ensures that participants receive updates and there is enough space for all interested. Please contact us to register or for more info!**

Many programs are included with membership, some have additional fee.

Swim lessons: Please note that swim lessons schedule is specific to day-of-week and level.



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DESCRIPTIONS: (Color coded for location)

FLAG FOOTBALL: Ages 8-11. An active hour with skill work and some scrimmages. Learning the game while getting moving!

YOUTH STRENGTH & CONDITIONING: Ages 9+. Damon works with youth focusing on strength and conditioning through various exercises and activities. Learning the proper techniques to match their growth and development. Come ready to sweat!

ADVANCED BASEBALL: Ages 10-12. Coach-led program. Inquire for details or for additional opportunities if interested.

INDOOR REC BASEBALL: Ages 5-7 and 8-10. Based on number of participants, split into groups by age and ability. Hour will spent progressively working on hitting, throwing, fielding, and fun (wiffle ball) scrimmaging.

OPEN GYM: All youth. Drop by the Sports Center and see what's happening! All equipment available and ready to be used. Lots of space and options to explore.

TUMBLING TOTS: Playgroup for youth up to age 6 and their caregivers. We turn the indoor turf field into a tumbling play place with mats, hoola hoops, balance beams, balls, and more. Socializing, gross motor, and fun for all.

GYM & SWIM: Youth up to age 6 and their caregivers. Caregiver-led program where we make the spaces available. The first hour is downstairs in the Rec program rooms and second hour is in the indoor heated pool.

GYM & GAMES: Ages 4-8. Damon prepares the younger ages in a program similar to Strength & Conditioning. Exercises and activities appropriate for their age and development, all while getting moving and staying active.

KIDS NIGHT OUT: Ages 6-12. A fun night out for kids! At the Rec Center, we serve pizza dinner from Ramunto's, play games, and then an hour of staff-supervised swim.

KIDS DAY OUT: When school isn't in session, Kids DAY Out offers full or half-day care. Check with the Welcome Center for specifics as details change slightly based on the day.

FIELD HOCKEY SKILLS & DRILLS: Ages 9-12. Develop skills, learn the basics, and put into use during scrimmages.